Newmarket News

Wednesday, August1, 2012 www.newmarket-news.co.uk Part of the Cambridge News series 50p where sold

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INSIDE DON'T MISS YOUR 20-PAGE PROPERTY PULLOUT

11,500 homes to meet our needs

JENNIE BAKER

MORE than 11,500 homes would have to be built in the district by 2031 to meet the projected housing need.

Forest Heath District Council launched a consultation yesterday towards establishing the number of new homes the district should have by 2031, where they should go, and how soon they should be built.

The district has 26,400 homes, including 1,000 empty ones, and council planners estimate a total of 38,100 would be needed by 2031 to accommodate everyone expected to want one, including people on the housing needs register.

Forest Heath would need 28,800 homes by 2031 to keep pace with the district's birth rate while 33,900 would be needed to house those expected to want to move into the district for reasons including work, they said.

It is estimated that if house building continues at the current rate, Forest Heath will have 32,740 homes by 2031.

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Greeting for the First Lady – see page 5

Asda proposals impress the retail experts

Supermarket finds favour with group helping councillors decide which retail giant should come to Newmarket, saying it will still be an 'anchor store'

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End of an era at last playtime

Founder of long-standing parent and toddler group packs away the toys

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LOCAL shows, gigs, cinema news and gardening advice... all in The Guide

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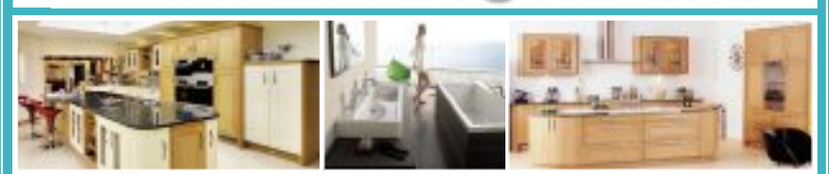

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'Take part in talks on future housing'

From page 1

Cllr Rona Burt, cabinet member for planning, housing and transport at the district council, said: "We owe it to our future generations to make sure we get this right.

"Children growing up today should be able to have a home near their family if they wish to, people working locally should be able to live near their jobs, and older people need homes that are suitable for their changing needs.

"It all adds up to a demand for housing – the question is, how much of that demand do we meet?

"That's the conversation all of us with an interest in the future of our district need to join, and I encourage everyone to take part in the consultation."

People will be able to take part and talk to planners at Newmarket market and in the town's Guineas shopping centre between 9am and 3pm on Tuesday, August 14, at Mildenhall market also between 9am and 3pm on Friday, August 10, and in the Forest Heath council chamber in Mildenhall on Monday, August 13, between 3pm and 7pm.

Information about the homes is also available in libraries, council offices and at the website: *www.forest-heath.gov.uk/yourhomes*.

Cllr Burt said: "Please do take a look at the background information because we can't simply pluck a housing number figure out of the air – it has to be backed by solid evidence.

"Nobody wants unnecessary development, but again we do need to make sure we have enough homes for those who will want them."

Forest Heath would have been obliged to build another 7,011 homes by 2031 to meet the requirement for 10,100 dwellings laid out in the Regional Spatial Strategy in 2008, but the strategy is likely to be set aside by the government.

And the distribution of homes is up for discussion following a successful legal challenge to that aspect of the core strategy planning document.

The council's consultation will close on September 25 and it is expected to adopt the resultant single issue review document towards the end of 2013 after another consultation and an examination of the document by the planning inspectorate.

■ What do you think? Email your letters to the editor at *editorial@newmarket-news.co.uk*

Swirl time for some unusual weather

Picture: Phil Kelly

A TORNADO-like swirl has been captured on camera near Newmarket.

Phil Kelly spotted the funnel cloud while at work at Fordham's Quotient Bioresearch and whipped out his iPhone. The scientist said: "I was just desperate to try to take a snap of it just for the memory."

He said the twister had lingered for about five minutes after he spotted it at about 6pm on Wednesday, July 18, and he could tell from its size it was not going to hurt anyone.

The 27-year-old said: "I thought 'that's pretty cool. I can't imagine many other people have seen something like that', but I received about two other photos of different ones from the same Suffolk area. The weather was really unusual on that day."

Mr Kelly, who lives in Norwich, could not see whether it touched the ground, which would have made it a tornado.

Robin Thwaytes, a forecaster in the Met Office operations centre, told the *News*: "Funnel clouds are fairly common occurrences most years, really. It's just in any one place they are quite rare, but you get probably well over 100 reports of funnel clouds during the year. It's just whether you happen to be in the right place at the right time to see one.

"If you are at Newmarket, you may not see a funnel cloud for two or three years, you may see one this year, and you may not see one for another few years."

They may happen more frequently, he said, but the question is whether you will be there when they do.

Mr Thwaytes said: "Some people would avoid them thinking it's a tornado and others would get as close as they can because they want to take a shot of it. Different people react differently."

A tornado in 1978 damaged more than 100 Newmarket homes, overturned cars and wrecked the station signal box and just over 30 tornados are believed to take place every year in the UK.

Funnel clouds can occur when thunderstorm clouds are hit by strong up and down drafts which can start a circular motion at the bottom of the cloud which begins to move towards the ground.

Firm targeted again by converter thieves

■ JENNIE BAKER

CATALYTIC converters valued at £2,000 have been stolen from 4x4s at a Newmarket business targeted by thieves for the second time in two years.

Thieves cut a hole in a chain fence to get into the Newmarket Motor Company's compound in Hammond Close between 10pm on Monday, July 23, and 7am the next day.

Victoria Lomax, a member of staff at the used car sales business based in Exning Road, said: "We had three cats taken off our vehicles, and two of them were taken away.

" They were having a bit of trouble with one of them and they didn't actually take that, it was just hanging off the car still.

"It's costing us a lot of money to get them re-welded and completely replaced."

She said it was "infuriating", adding: "The morning we found out, both of my bosses, Michael Crack and Martin Swaffer, were extremely angry and disappointed. How can people do this? It's just not fair and it's ridiculous."

Two of the vehicles had already been sold and the theft could have resulted in deals falling through.

She said: "Luckily we had some very understanding customers, but you don't get that all the time."

The *News* has learned that catalytic converter thefts in the town have increased by more than 60 per cent between the year beginning April 2010 and the following one.

The value of the 18 catalytic converters stolen in the town in 2011/12 totalled £23,550, compared with only £4,500 for the 11 taken the previous year.

Two Dial-a-Ride buses were targeted in January and catalytic converters have been stripped from nine or 10 Cannon Textile Care vehicles since the start of the year in two incidents.

Across Suffolk, 250 catalytic converters worth £203,386 were stolen in 2010/11 and 196 of the devices worth £273,049 were taken the following year.

Suffolk Police said the increase in the value of the devices stolen means the value of metal has risen, or the criminals are being more targeted in their approach.

Bernard Plume, crime reduction officer, said: "Catalytic converter theft is an issue countywide. Unfortunately, with the cost of scrap metal, this sort of crime has increased.

"Officers regularly patrol industrial estates and other key areas, but we are also urging drivers to take extra precautions whenever possible to try to reduce their chances of falling victim to catalytic converter theft."

He said a variety of security products were available, and while high-sided vehicles were most at risk, parking parallel to another vehicle could make it harder for thieves to get at the devices.

Mr Plume added: "Security marking your catalytic converter can also be very effective and can help to identify it as a stolen item and reduce its value to an offender.

"We often hold local marking days in conjunction with commercial partners."

Call 101 to find out more, including the details of security marking sessions. Call 101 with the reference NE/12/1306 with information about the recent offence.

» in Brief

Flash floods hit elderly people

FLASH flooding in Burwell has forced three elderly people out of their homes.

Torrential rain hit the village for between 30 and 45 minutes on Sunday afternoon and caused floods in Baker Drive and North Street.

Three residents in the Ness Court extra care scheme in Baker Drive were moved into new accommodation after water came through the roof in a corridor.

A spokesman for Sanctuary Care said: "Three of our residents had to be temporarily rehoused after their apartments were affected by Sunday's heavy downpour – two within Ness Court and one in a neighbouring scheme.

"The properties suffered only minor damage and we expect residents to be able to return to their homes very soon."

A spokesman for Cambridgeshire Fire and Rescue Service said firefighters had discovered a "large amount of flooding" on the road in Baker Drive and a crew from the village had used a pump to shift the water.

Cambridgeshire Police said they were called to Burwell High Street at 3.45pm and officers helped divert traffic down Silver Street and Toyse Lane until the Highways Agency got there.

Cllr Joan Lonsdale of Burwell Parish Council, who lives in a section of North Street that was not badly affected, said she could see water running down the road which was level with the top of the pavement.

Hunt goes on for missing man

A POLICE helicopter was scrambled to look for a missing 30-year-old Newmarket man.

Krzysztos Skwierawski left a barbecue in Exning Road in the town to walk home at about 3am on Friday and has not been seen since.

Mr Skwierawski's black Honda Accord has since been found near Mildenhall Stadium.

Suffolk Lowland Search and Rescue is helping with a police search and the force helicopter is carrying out searches of the area where his car was found.

Mr Skwierawski is described as white, around 6ft, of large build and clean-shaven. He has short brown hair, a scratch on his face, and sometimes wears glasses. Call Bury St Edmunds Police on 101 with any information.

Jazz picnic

JAZZ will be performed in aid of the Royal National Lifeboat Institution at a picnic concert on Saturday at the Old Rectory in Carlton for the event hosted by Robin and Willow Wylie.

The gates will open at 6.30pm, an hour before Jazz Incorporated start to play.

Adult tickets cost £8.50 and they are available from Peter Day on (01638) 507651. Children admitted free.

Police issue new alert after raids

BURGLARS targeted a series of homes in Mildenhall and Brandon while their occupants were asleep in bed.

Doors or windows had been left unlocked at each of the five properties targeted, sparking a police warning to residents to keep their homes secure.

Thieves entered five homes in places including Trinity Avenue and Junction Road in Mildenhall, and Rattlers Road and Wellington Close in Brandon, between Saturday, July 21 and the next day.

Insp Andy Footer of Suffolk Police said: "With the hot weather, it's very tempting to leave windows and doors open. It's important to remember that this is an open invitation to opportunist criminals.

"Many offenders are bold enough to enter your property even if you're inside. In all of the burglaries over the weekend, victims were asleep in their homes at the time."

The force is anxious to trace two men who were seen in the Mildenhall area during the weekend wearing balaclavas and head torches. One was about 6ft 2in and the other was 5ft 9in and both were described as slim.

Suffolk police have urged residents to keep their doors locked or in view when open, not to leave house or car keys in or near doors and windows, or hide spare keys in handy places such as under the doormat.

They advised people to lock all windows when leaving the house and to remove the keys, but to make sure everyone knows where they are in case of emergency.

Anyone with information about the break-ins should call Suffolk police on 101.

FUN FOR ALL: above, Katie Rule, six, and Dominic Webb, three. Right, Nicola Lozka, two, with her next door neighbour Coleen Murray. Pictures: Keith Jones 847082/080

Families tuck into community lunch

FRUIT smoothies and advice were up for grabs at a Big Lunch open day in Newmarket.

More than 100 visitors to Brough Scott House were treated to a hog roast and could enjoy mini pamper sessions or sample mosaic making and other activities during Orbit East's fun and advice day last Wednesday.

Representatives from organisations including Racing Welfare, West Suffolk College, the Royal British Legion and the Ipswich and Suffolk Credit Union were on hand to offer advice.

Julia Reeves, community project officer at Orbit East, said: "The event allowed us to really show off the fantastic facilities available at Brough Scott House and engage with the local community in a fun way. We were delighted that so many residents and organisations from the area came along to support the day. Everyone had a wonderful time and we are already being asked if we can do it again."

David Leeves, Orbit East's head of community sustainability, said the community drop-in centre had been a "resounding success" since its opening in March 2010. He said: "We have seen a big improvement in community spirit as well as a significant reduction in anti-social behaviour in the area around Brough Scott House. In addition, local organisations are now referring people here to access advice and use our facilities and free IT access, so it's a great example of a successful community venture."

Asda finds favour in supermarkets battle

ASDA'S proposals have impressed retail experts helping councillors decide which supermarkets should be allowed to come to Newmarket.

■ JENNIE BAKER

Strategic Perspectives LLP has released its report on the Unex Group plans which include a supermarket, hotel and shops on the site bounded by High Street, Rowley Drive and Black Bear Lane, and which would include some development of paddock land.

It suggests the supermarket and ancillary non-food shop would divert £12.1 million from the town centre's turnover in 2016, more than any of the supermarkets vying to enter or expand in Newmarket.

Strategic Perspectives had already published a detailed report on proposals for a larger Tesco to replace that in Fordham Road, a Morrisons in Exning Road, and the plans which include a Sainsbury's, shops and a cinema on the George Lambton Playing Fields.

The original report concluded the Sainsbury's and the non-food shops in the proposals would draw £11.8 million from the town centre during the same period. Morrisons would take £6.2 million while the Tesco would draw £5.5 million.

But Strategic Perspectives still said Asda was the best placed to act as an "anchor store" which would help claw back spending from out-of-centre stores including Tesco.

The new report said: "The store will be well connected to the town centre and will therefore have the potential to generate increased linked trips, footfall and expenditure to the benefit of existing shops and businesses in the town centre.

"We, therefore, advise the council that any forecast trade diversion from the town centre will need to be balanced against the positive benefits on its overall vitality and viability.

"It is our judgement that these benefits will not occur to the same degree from any of the other proposals, as they are all located further away from the town's primary shopping area."

But, Strategic Perspectives said planning and policy matters to do with each planning bid had to be assessed with their report.

It said: "Notwithstanding this, we are aware that there are other planning and policy issues relating to all the application proposals, and these will need to be considered alongside our conclusions on the proposed Asda's merits in retail planning terms."

Its original report said the replacement Tesco should be given the go-ahead and there was room for one more supermarket.

It listed Asda as its first choice, subject to "significant planning policy issues" which needed addressing and the council's assessment of the proposals which also include a stable yard and petrol station. Morrisons was named as its second preference and Sainsbury's came in third.

Forest Heath District Council's development control committee is expected to make a decision on the applications in the autumn.

■ What do you think? Email your letters to the editor at *editorial@newmarket-news.co.uk*

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WINDS OF CHANGE: Burwell Museum trustees Paul Hawes, left, and John Waller at Stevens' Mill. Picture: Richard Patterson 846547

Big cash boost puts wind back in museum's sails

■ JENNIE BAKER

BURWELL Museum will have the wind put back in its sails thanks to a boost of more than £400,000.

The Heritage Lottery Fund has given the cash to the Fresh Wind in Our Sails project to repair and conserve the 19th century Stevens' Mill, a grade II* listed structure on the Buildings at Risk Register.

It has been closed to the public for more than two years due to safety concerns.

Two of the mill's four sails are missing, its cap is jammed and damage is being caused by leaking water, and some out-of-keeping external plaster needs to be replaced.

The £417,300 grant will also be used to improve displays across the mill and rural history museum, which is run by volunteers, and new learning activities will be developed.

Training days in traditional skills will be held, two new heritage trails will be produced and more volunteers will be recruited.

Opening hours will also be extended at the museum, which now welcomes people between 2pm and 5pm on Thursdays, Sundays and bank holiday Mondays.

Paul Hawes, chairman of the trustees of Burwell Museum, said: "The trustees and volunteers here are very excited to receive the grant and support of the HLF after many years of hard work building up the museum. Many of us have memories of Stevens' Mill and it will be wonderful to be able to open it fully to the public and share this part of our local history."

Last summer, Burwell Museum secured a first round pass from the Heritage Lottery Fund (HLF) and a development grant of £13,400 to help it formulate its plans.

Work on the windmill and museum project will start in the autumn and is set to be completed in 2015.

South East Cambridgeshire's MP James Paice said: "This is fantastic news which recognises the superb work being done by the volunteers at Burwell Museum and will enable them to do even more for the community. Renovating the windmill will preserve a piece of local history for many future generations to enjoy and I'm already looking forward to visiting again."

Robyn Llewellyn, head of HLF East of England, said: "This project will enable them to do exciting work to conserve the mill, reach wider audiences and provide a future for the site. The ongoing work of this fantastic group of volunteers will also be celebrated through this project."

For more information, visit *www.burwellmuseum.org.uk.btck.co.uk*.

WORKSHOP: Thomas McCubbin, 12, with a corn dolly. 847461

Creative fun for children

CORN dollies and collages were created at a special event at Burwell Museum.

About a dozen youngsters aged between about 3 and 12 turned out on Thursday for the first of six children's activity days taking place at the museum during the holidays.

Margaret Moss, chairman of the friends committee, who spoke to some of the children after the event, said they had had a great time.

She said: "I said: 'did you enjoy yourself?' and they said: 'yes, we are coming back next week and the week after right until the end of the holidays'."

She said they were hoping for bigger numbers at their event tomorrow where visitors can make a salt dough ornament.

The event will be taking place at the Mill Close museum between 2pm and 5pm. Admission is free for children who must be accompanied by an adult.

An adult tickets cost £4.

For more information about the events taking place on Thursdays, visit *www.burwellmuseum.org.uk* or call (01638) 605544.

HARVEST: Stella Bluck, left, and her sister Sarah, 11. 847460

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ANTICIPATION: Katelynn Hightower, 14, Adrienne Hightower and Kweene Hightower,13. Left: the crowds wait for the First Lady to arrive.

Pictures: Warren Gunn 848145 / 848096

Warm welcome for First Lady of USA

■ JENNIE BAKER

AMERICAN flags and smiling faces welcomed Michelle Obama to RAF Mildenhall on Sunday.

The First Lady jogged into a hangar at the US airbase just before 6pm and spent just over half-an-hour hugging, chatting with, and posing for pictures with American military families stationed at Mildenhall, Lakenheath and Alconbury.

Adrienne Hightower, 32, whose husband Quentin is a sergeant based at RAF Mildenhall, said: "It was an awesome experience to meet the first African American First Lady.

"Our grandmothers would be so proud."

She said she and her two daughters, Katelynn, 14, and Kweene, 13, had their pictures taken with Mrs Obama, which they would be sending to family in South Carolina.

She added: "We never would have dreamed we would see an African American in the White House. She's a great role model for women."

Tommy Rutherford, 39, a captain at RAF Mildenhall, who greeted Mrs Obama with his daughter, Kellie, 15, said: "It was great to experience meeting someone who obviously cares about the military families."

Colonel Christopher Kulas, commander of the 100th Air Refueling Wing at RAF Mildenhall, said the First Lady had paid her first visit to the base to focus on American military families.

He said the Joining Forces initiative to recognise, honour and support military families established last year by Mrs Obama and Second Lady Dr Jill Biden was having an effect.

Col Kulas said her visit had been "a great event across the board".

He added: "The families were excited – you could see it in their eyes."

During her four-day visit to the UK, Mrs Obama led the presidential delegation to the opening ceremony of the Olympic Games.

She also hosted an event for about 1,000 American and British students and American military children as part of her Let's Move campaign to tackle childhood obesity.

Before boarding the C32 plane to leave the UK, Mrs Obama thanked Col Kulas for the sacrifice American military families make and also spoke to Louis Susman, the American ambassador to the UK.

WRITE ON: The First Lady signs autographs. 848118

FLY THE FLAG: Cindy Neldner and son Christopher, five. 848151

GREAT DAY: Tommy Rutherford and daughter Kellie, 15, and below, Michelle Obama says hello.

848097 / 848153

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Kentford

VOLUNTEERS got gardening and helped farriers out in the on-site forge at Kentford's Animal Health Trust (AHT).

A group of seven sales staff from international pharmaceutical company Abbott Laboratories travelled from Birmingham, Leicestershire and West Yorkshire to give the animal charity a hand on Tuesday, July 17, as part of the businesses' care in the community scheme.

Farrah Stevens of the Animal Health Trust (AHT) said: "As a charity we're very grateful for the support of volunteers and we very much welcome small groups or companies who want to spend a day with us.

"We have more than 120 acres to maintain so there are always plenty of jobs to get stuck into and you can pretty much guarantee it'll be nothing like a standard day at your desk."

Abbott Laboratories discovered the AHT's corporate volunteer scheme through the Forest Heath Volunteer Centre, based in Newmarket.

Terri Hardy, volunteer co-ordinator at the centre in All Saints Road, said: "We are delighted to have been able to facilitate the corporate volunteering day for Abbott Laboratories at the AHT. It is great when companies want to give back to the local community and encourage their staff to volunteer.

"The day spent at the AHT enabled the volunteers to work together as a team on a one-off project in a relaxed atmosphere, having fun in the process.

"I would like to thank the AHT who welcomed the volunteers and organised the day wonderfully, ensuring that the volunteers enjoyed their experience. We hope to be able to organise future corporate volunteering days in the months to come."

For more information about volunteering at the AHT, call the Volunteer Centre on (01638) 608048 or email *info@aht.org.uk*

HELPERS: A photograph of the team from Abbott Laboratories volunteering at the Animal Health Trust. CP

Memories

OUR Memories photo, from our archives, shows schoolchildren with a model of a beast.
Do you have any idea where or when the picture was taken and what they were looking at? Write to Newmarket News, 15 High Street, Newmarket, CB8 8LX or email *editorial@newmarket-news.co.uk*.
Last week's Memories photograph, below right, reminded reader Julie Tatum of her school days.
She writes: "The Memories picture of an audience of school children I believe could be All Saints Junior school in Newmarket and would have been taken in the mid-60s. I am not in this photo so I'm not sure what the event is, but I recognise several school friends."
The photograph, below right, was taken during a show of Snow White at Newmarket Grammar School in December, 1965.
More information has arrived about our Memories picture published on July 18.

Reader Mr Hilary Humphries described the soapbox, below left, as "a sort of homemade Sinclair C5 minus the dreaded washing machine motor."
And as for the date, the clue is the car just to the right of the boys. He writes: "I asked Golding's of Park Lane to identify it and got an instant reply, a Vauxhall Victor FB from 1963 or 64.
"That ties in with the boys' Beatle haircuts." He added: "What boy hasn't built a soapbox? It certainly takes me down memory lane."

Pictures: 153732 454913 / 332553

Share your old pictures with readers of the *Newmarket News*... just send them to the address in the panel on the far left or email them to us with your contact details

RACING NEWMARKET

Social news from the racing scene with **Howard Jones**

WELL, it has been a quite a week. Well done to Michael Wigham on winning a big race at Ascot. I'm sure the party is still going on. It'll be good to see Jack Mitchell back racing soon after a short time off due to injury.
The lady jockeys are really out in force at the moment. Well done to Laura Pike for her win at Brighton the other day. Plus, it looks like Laura is going to win the top Newmarket lady jockey at Horseshoes 2012.
As it is voted for on the night by those present, we could get a surprise. I hear there is also strong support for Alice Haynes.
Nomination forms will be out soon in the paper and at the stables, too.
Tickets for Horseshoes 2012 have now arrived so you can now start purchasing them. The event will be held at Newmarket Racecourse on Saturday, November 17.
Tickets are £50 and include a welcome drink, dinner, coffee and some wine on the table.
We have interest from all over the world in these awards and many tickets have already been reserved, so make sure you don't miss out. A maximum of 230 tickets are available this year.
Congratualtions to Rachel Sands on her new TV career. Hopefully it will lead to a role in *Hollyoaks* or *EastEnders*.
The Racing Newmarket team will be playing on Saturday, August 18 against Kent's finest side. They will be going racing first and then coming to play us in the early evening. A new recruit to our side is Shane, from Jane Chappel Hyams's yard
We still need sponsors for the rear of our football shirts and backers for our future matches.
It looks like next year we will also be entering the Celebrity Six tournament.
Hopefully, we can find a ladies' team to take on Tulisa's all-star players.
Anyone who wants to sponsor an award for Horseshoes 2012 should get in touch by contacting me on 07909965211.
I'll be on holiday but will have my phone with me. Alternatively, you can email me at *howardjones13@hotmail.com*

Fake cop in bid to scam woman

■ JENNIE BAKER

A BOGUS police officer tried to con a Mildenhall woman out of £100 after accusing her of looking at internet porn.

The conman visited the home of the 20-year-old victim in Woodlands Way on July 19, after she responded to a message claiming to be from the Metropolitan Police which appeared on her laptop.

The internet pop-up box ordered her to pay a £100 fine for looking at explicit websites and warned her the computer would be locked if she did not comply.

She called the telephone number provided and refused to pay up, but a man claiming to be a police officer turned up at her door the next day, kitted out in a high-visibility tabard bearing the word 'Police' rather than a full force uniform.

The man, who did not provide her with identification, showed the victim a list of alleged pornographic sites with her internet router number and she paid out the money using the Paysafe website.

But the payment was stopped after the incident was reported.

Suffolk Police have issued an e-fit of the man who impersonated a police officer and are urging residents to always ask callers for photographic ID.

They said no police force would lock a personal computer or ask for fines to be paid through online vouchers like Paysafe or Ukash.

Detective Constable Matt Read said: "This is a serious offence and although online fraud cases are common, it is very unusual to have someone impersonating an officer turning up at the victim's address.

"We urge residents to always ask for photo ID.

"No police force would ever lock a personal computer or ask for payment of fines through online vouchers such as 'Ukash' or 'Paysafe'.

"It's very difficult to trace where the money has gone if paid through such vouchers."

Police have appealed for anyone with information to get in touch with Det Con Sarah Shepperson on 101 or Crimestoppers on 0800 555111.

WANTED: an e-fit likeness of the man who impersonated a police officer. CP

» in Brief

Thieves flee with gazebo

A GAZEBO has been stolen from the back garden of a Newmarket house.

The structure was taken from a property in the Avenue in a 24-hour period from 10am on Wednesday, July 25.

Call Suffolk Police on 101 with the reference NE/12/1316 if you can help.

Laptop and cash stolen

A CASH-filled envelope and a laptop have been stolen from a home in Ousden.

Several hundred Euros and the Toshiba computer were taken by burglars who forced their way into the property in Front Street between 7.45am and 6pm on Tuesday, July 24.

Suffolk Police want to speak to two men who were seen in a gold Saxo car in the area at the time of the crime.

Call Sgt Sarah Bartley with the crime number HH/12/1630 on 101 or Crimestoppers anonymously on 0800 555111 if you can help.

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Tel: Sharon 01353 861499

ELY
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High Barns
@ 5.30pm & 7.30pm
Tel: Karen 01353 661771

NEWMARKET
Ditton Lodge First School
St Johns Avenue
@ 5.45pm & 7.45pm
Tel: Sarah 01638 604947

WEDNESDAY:

ELY
Paradise Sports Centre
@ 9.30am
Tel: Diane 01353 723381

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The Rutland Arms Hotel
@ 3.30pm, 5.30pm & 7.30pm
Tel: Natalie 01638 551964

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Village Hall
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Family Announcements

01638 662581

Deaths

ROWE. Audrey Mary of Bottisham, passed peacefully away on Wednesday, 25th July, 2012, aged 86 years. Beloved wife to the late Richard, and a much loved mother of Mary, Philip and Jonathan, grandmother to Mark, Thomas and Rebecca, and great-grandmother to Honey and Lily. Funeral service to be held at The Holy Trinity Church, Bottisham on Wednesday, 8th August at 2.00pm, followed by private family interment. Family flowers only please, but if desired, donations may be made payable to The Newmarket Cancer Research UK Group and sent c/o Southgate of Newmarket Funeral Directors, 25 Duchess Drive, Newmarket, CB8 8AG.

WRAY. Fred of Bridge Street, Moulton, passed peacefully away in the West Suffolk Hospital, on Friday, 27th July, 2012, aged 82 years. A dearly loved husband to the late Pearl, much loved father of John and the late Freddy, a dear grandfather to Nichola, Joe and Todd, and a dearest great-grandfather to Charlotte, Ella, Oliver and Hannah Mae. Funeral service to be held at St Peter's Church, Moulton on Tuesday, 7th August, at 2.00pm, followed by cremation. Family flowers only please however donations, if desired payable to St Nicholas Hospice forwarded care of Southgate of Newmarket Funeral Directors, 25 Duchess Drive, Newmarket, CB8 8AG.

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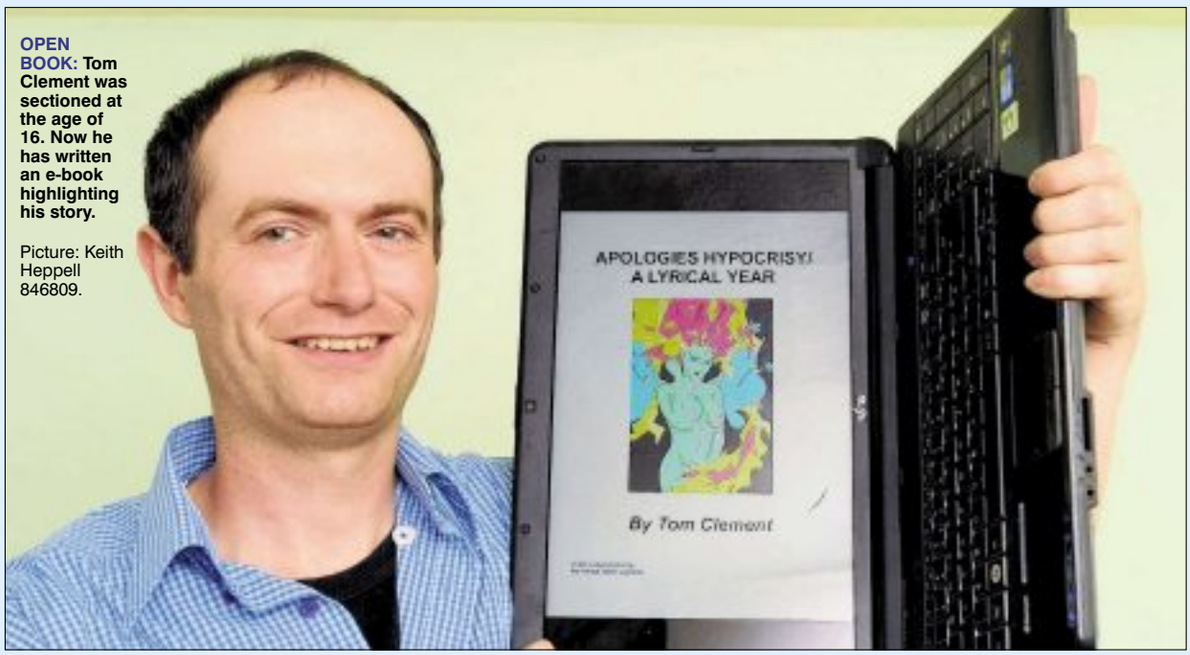
Tom shines light on mental illness



OPEN BOOK: Tom Clement was sectioned at the age of 16. Now he has written an e-book highlighting his story.

Picture: Keith Heppell 846809.

JENNIE BAKER

A RECOVERING schizophrenic has spoken up about his time in a psychiatric unit and is urging people not to judge others before they know the full story.

Tom Clement was sectioned at the age of 16 after he developed a psychosis which worsened following his grandparents' death in a suicide pact shortly before his GCSEs.

Now 28, Tom, from Newmarket has released a two-part e-book whose first section is made up of recent work while the other mostly contains poems and lyrics written in the eight months he spent in the psychiatric unit.

Speaking of this second part, he said: "It gives people an idea as to what it was like, to let people know that it's a sort of normal experience and there's nothing too crazy going on."

He said his illness had not been caused by substance abuse but had developed organically. He said he wanted to get across the point that the condition, termed psychosis or schizophrenia depending on its duration, was not always self-inflicted.

He said: "They often think it was caused by drugs or alcohol misuse, (I wanted) to sort of break that idea (and say) that people don't always bring it on themselves.

"A common misconception I find is that people think you must have a drug or alcohol problem to have that sort of mental health problem."

Mental health problems, he said, are comparable to other illnesses. He said: "It's almost like if someone has diabetes or something and they have to check their insulin level every day, it's a similar thing to mental health. You have to check your stress levels and whatnot but you can have a life.

> **You have to check your stress levels – but you can have a life**
> – Tom Clement

"It's an illness or condition at the end of the day and it's possible to work with it."

Tom completed an 18-month options course at Cambridge Regional College in July which included a photography GCSE. He is returning to college for an art course in September and also hopes to complete a maths GCSE.

He has also worked with the NHS Suffolk mental health partnership, giving accounts of how someone experiences being sectioned and how the process can be made easier for people, for example.

He said: "I'm pretty much happy to do what I can when I can."

Apologies Hypocrisy / A Lyrical Year is available at *www.chipmunkapub lishing.co.uk* and on Amazon.

in Brief

Boot sale to aid Brownies

PICK up a bargain at a car boot sale in Newmarket and support a growing group of Brownies.

The boot sale on the Severals will kick off at noon on Sunday, August 12, and the proceeds will go to the 3rd Newmarket Brownies.

The group, which meets at the Studlands community centre, had just seven members when it was set up by Claire Taney in September and it now has 21.

To book a stall at the car boot, email *clairetaney@bt internet.com*.

Fenland call for explorers

START your summer holidays by taking part in mask making, a bat hunt and pond-dipping at a Fenland nature reserve.

RSPB Lakenheath Fen is inviting owl enthusiasts to a Wildlife Explorers meeting tomorrow between 11am and 12.30pm.

Guests at the free session can dissect owl pellets and make barn own masks. There is no need to book and youngsters must be accompanied by an adult.

A bat night will be held from 7.45pm on Friday. Guests will be treated to a talk before they strike out on a walk to hunt for the creatures using bat detectors. Visitors are asked to bring a torch and insect repellent.

The week of fun will round off with a children's walk and pond-dipping session – if water levels are suitable – between 2pm and 4pm on Sunday.

David White, information officer at RSPB Lakenheath Fen, said: "There is plenty of fun to have with wildlife here at Lakenheath Fen. Let's hope for good weather so there is plenty to see during the summer holidays."

Adults can take part in the bat night event for £6 and children can get involved for £3. The pond-dipping session also costs £3 per child and youngsters must have a grown-up with them.

RSPB members and Wildlife Explorers will qualify for half-price admission to the events. Booking is essential for the bat night and pond-dipping sessions. To reserve your spot, call (01842) 863400 or email *lakenheath @rspb.org.uk*.

The reserve is always accessible and the visitor centre is open between 9am and 5pm. A £2 charge applies per car for non-RSPB members.

Jewels stolen

JEWELLERY has been stolen from a Beck Row home.

Burglars targeted the house in The Paddocks between Thursday, July 21 and Saturday, July 28, and took items including two pendants which had names engraved on the back.

Call Suffolk Police on 101 with the reference MH/12/1466 with any information.

» in Brief

Vandalism spree sparks warning

FIVE vehicles in two streets have been damaged by vandals in Newmarket.

The paintwork was scratched on the motors parked in All Saints Road and Stamford Street between Saturday, July 21 and Wednesday, July 25.

Suffolk Police have urged residents to stay vigilant following the incidents.

Sgt Mark Shipton of the Newmarket Safer Neighbourhood Team said: "We're conducting an investigation into this series of criminal damage incidents. We'd urge everyone to keep an eye out for any suspicious activity and report it to police immediately."

Call the force on 101 with any information about the vandalism or call 999 if a crime is in progress.

Laptops stolen from house

TWO laptops have been stolen from a home in Heathland Way, Mildenhall, between 9.30pm on Friday, July 27, and 7.30am the next day.

Police have urged people to leave their doors locked and windows shut to avoid making it easy for thieves.

Call the force on 101 quoting the reference MH/12/1452 with any information.

OFF YOU GO: children at the free summer school run by Newmarket College.
Pictures: Keith Jones 847508 / 847509 / 847512

Youngsters get stuck into a summer of fun

CHILDREN dashed round an assault course and brushed up on their circus skills at an event in Newmarket.

The first of six free summer fun sessions organised by Newmarket Town Council took place in the town's Memorial Gardens last Thursday.

Events will be held in the gardens off High Street on Thursdays between 2pm and 4pm until August 30. Youngsters at tomorrow's session will be treated to magic shows starting at 2pm and 3pm and will be able to tackle an Olympic assault course.

Events will be held inside the Memorial Hall in the event of bad weather.

For more information, call Kay Dawson, events manager at the town council, on (01638) 667227.

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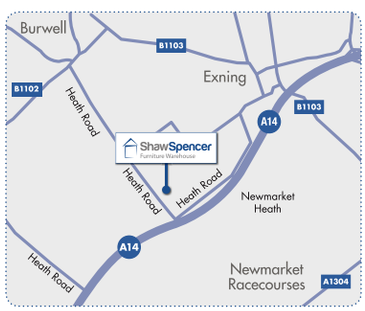

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Cover-up may lead to a former prime minister

Bobbie Neate says she suffered years of abuse at the hands of Louis Stanley, a respected figure on the Formula 1 racing circuit. Determined to discover the truth about her step-father's mysterious past, she has uncovered what she believes is compelling evidence that he was, in fact, the illegitimate son of British Prime Minister Herbert Asquith and his secret lover.

Secrets to be told? Bobbie Neate is convinced her stepfather was the son of Herbert Asquith.

BY EMMA HIGGINBOTHAM

Email: editorial@newmarket-news.co.uk

STARING at the photograph, Bobbie Neate couldn't believe her eyes. Here she was, looking at an image of Herbert Asquith – Britain's Prime Minister during the early years of the First World War – but all she could see was the face of her stepfather, Louis Stanley. Suddenly, everything began to make sense.

"I thought God, Louis looks just like him!" recalls Bobbie. "They just look so similar to me. Identical. It was as if a lightbulb had been turned on in my brain: everything slotted into place."

Throughout her life, Bobbie suspected that her domineering, abusive stepfather had a secret to hide. Always guarded, Louis would never talk about his childhood, snapping at anyone who dared to ask.

Now, after years of research, Bobbie believes that her stepfather's secret is more shocking than she could possibly have imagined.

More than a century ago, ageing prime minister Asquith became besotted by Venetia Stanley, a stunning socialite some 35 years his junior. He wrote her hundreds of letters – as many as three a day, even during cabinet meetings – while never once writing to his sons fighting in France.

Yet although historians have long denied their relationship was sexual, Bobbie believes that not only were the couple involved in an intense physical relationship, but that Louis was the unwanted result of their clandestine affair.

Keen to share her findings, she has just published a book. Called *Conspiracy of Secrets*, it's a fascinating account of both her own life with Louis – a prolific non-fiction author and motor racing team manager – and her search to find the truth about his parentage.

Bobbie was just a toddler when her real father left the family, and her childhood memories are painful. Growing up with three older siblings in Cambridge's Trumpington Road, she lived in fear of Louis.

"In my view, he was a psychopath," she says. "He was able to change character so quickly, so one just didn't know where one stood. We became sort of 'yes children' because he was so frightening: you didn't dare put a foot wrong or annoy him in any way."

It wasn't just the children who felt Louis's wrath: his behaviour saw him barred from local shops, including department store Eaden Lilley, "and he used to go into Heffers and upset all the service girls," says Bobbie. "Mr Heffer used to dread him coming in because he'd have another girl in tears at the end of it. He was just really aggressive, unbelievably difficult."

Yet at other times, his personality was altogether different: "He was a conman," shrugs Bobbie. "On some days he could be utterly charming."

Always controlling, Louis rarely left Bobbie's mother's side, and hated her to go anywhere without him. "And everybody was banished from the house. If you had a neighbour coming round, they'd never come again, because he was so rude to them at the door."

Nor were the children's friends welcome: "You didn't really want people to come, because you knew that they'd never come again. You just felt deeply embarrassed about him. And certainly when I was older I didn't want my girlfriends to be in the same room with him. I didn't trust him."

It wasn't just Louis's temper that frightened Bobbie. Within three months of marrying her mother, she recalls how he began to abuse her sexually. Bobbie was just 5 years old. The first time, she says, was at the Queen's Coronation. The family had driven to London for the occasion, and Bobbie was tremendously excited. But when Louis threw her on to his shoulders – ostensibly to give her a better view – his hands began to creep up her skirt. "I remember the huge disappointment, the worry of 'what on earth was he doing?' And this fear."

The abuse progressed, and Bobbie would dread her

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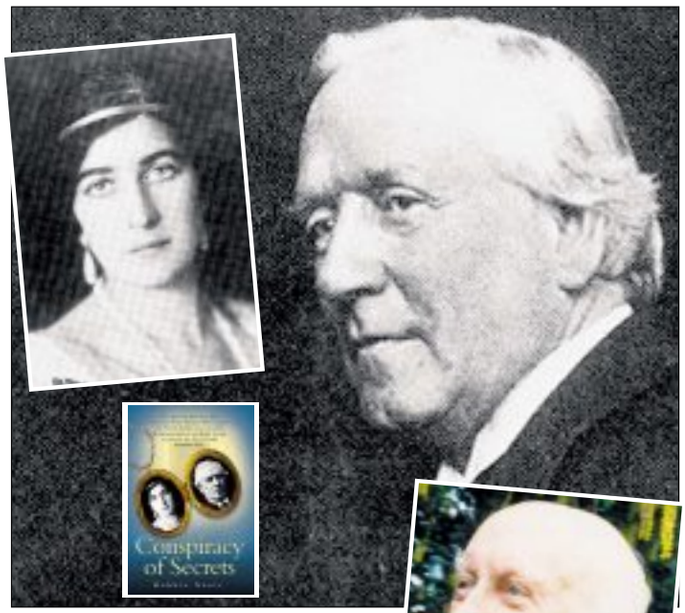

Striking similarity: **Prime Minister HH Asquith and, right, Louis T Stanley. Top, Venetia Stanley.**

stepfather creeping into her bedroom, where he'd make her touch him: "I don't dare let myself remember too much about it, but I can remember the build-up," she says quietly. Finally, aged about 10, Bobbie was brave enough to take action, screaming until her mother came rushing in, "and he never did it again."

Bobbie went on to have a successful career as a lecturer and author of non-fiction children's books, and tried to put Louis out of her mind.

"Then about 20 years ago, we children had this conversation about 'well who do you think his father was? Where did he come from?'

"I said 'he acts just like the illegitimate son of an MP', and we half-heartedly looked up all the Stanley MPs of the time, but none of them seemed to fit."

But that photograph of Asquith really struck a chord: "and then I thought, oh no, he's not the right age, because obviously we'd looked at MPs who were father-bearing age. Asquith's quite a bit older". He would have been nearly 59 when Louis was born.

Bobbie let it go. But when her mother had a stroke in late 2000, everything changed. Louis began to behave erratically, banning Bobbie from the house. Lawyers became involved, and the situation grew ugly. Frustrated, Bobbie turned to her friend Henrietta for support.

"She was one of my props: I was in a very bad way," says Bobbie. For the first time, she began to talk openly about Louis, voicing her suspicions about his background. "Then by chance Henrietta went to her mother's house, and there was this book sitting on the coffee table: it was the letters of Asquith to Venetia Stanley. She picked it up and thought 'Oh, I wonder…'

"So that's how it all happened. From that moment I was absolutely convinced, with remembering the photograph and looking at it again, that that's where he came from."

Bobbie began to research her theory, a project that took her from the streets of Liverpool to the library of Trinity College, via golf courses, records offices and stately homes. The more she read, the more the names casually dropped by Louis over the years began to rise to the surface.

She also recalled a childhood trip to Venetia's former home, Alderley Hall. "Everything absolutely fitted in," she says. "It was childhood coming alive, almost."

Researching Louis, Bobbie could find no trace of his father, 'Mr Stanley', in any official records, and discovered that the street where he claimed he was born in didn't actually exist. A further lightbulb moment was discovering that Louis's mother, in her mid-40s at the time of his birth, was from a poor family of cotton factory workers – yet Louis had had the upbringing of a wealthy boy, which included golf lessons and private schooling.

Bobbie was also struck by the similarities in Louis and Asquith's personalities: "like a wonderful speaking voice. Louis had a politician's ability to just stand up and talk, and could do speeches without any effort."

Then there was their impressive mental skill: Asquith was renowned for his remarkably good memory: "And Louis' was amazing. He could remember everything anybody had said. He knew all the ins and outs of Cambridge too: he actually was asked to set questions for *Mastermind*, and the poor candidate couldn't answer any questions at all!"

But it was reports of Asquith's appetite for younger women that particularly chilled Bobbie. She speaks about the "horrible, horrible" account by socialite Lady Ottoline Morrell. And, when the affair with Venetia was over, adds Bobbie, "the fact he wrote to both (socialite) Diana Cooper and Venetia's sister, suggesting that they took Venetia's place! He was just like Louis. Mad about sex."

One fact that simply can't be in doubt, says Bobbie, is that the relationship between Asquith and Venetia was sexual. In the book, she quotes letters in which he signs off as 'your lover', and at one point urges Venetia to 'take a solitary walk tomorrow, beloved, to our dear little hollow and think of me and our heavenly hour there…' She also points to a period when Venetia and her mother were in Germany, when she could conceivably have borne a child undetected.

So why wouldn't Louis, an inveterate show-off, have boasted about his lineage? "Because at the time illegitimacy wasn't a thing to be proud of," says Bobbie. "I personally believe that he saw Venetia and his blood family, and it was all part of a big lie: he was part of the family, but outside it."

Louis died in 2005, aged 92. But his legacy lives on, so much so that Bobbie, who now lives in Winchester, avoids coming to her home town. Yet, she says, writing the book has been cathartic – and she's bracing herself for the reaction from the establishment.

"I think that historians and supporters of Asquith want this story to go away, because we've got a British Prime Minister having an affair with a young girl when our troops were being mowed down.

"I'm always frightened of saying it, because I'm not a sensationalist, but it is a huge cover-up. In my view there's no doubt."

■ ***Conspiracy of Secrets* by Bobbie Neate is published by John Blake, priced £17.99.**

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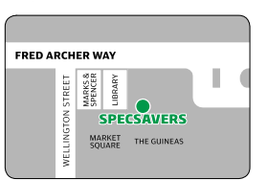

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Olympian deal at Coffee and Co

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LIVE the high life like an Olympian at a popular local café, by enjoying a special deal.

The award-winning Coffee and Co, in Newmarket, is currently offering an Olympian afternoon tea including a selection of sandwiches, various mini-cupcakes and tray-bakes, as well as scones with clotted cream and homemade jam. Of course this is all washed down with your choice of tea or coffee, for the bargain price of just £12 per person.

Coffee and Co was opened in 2000, and has been under the expert ownership of Julie Eden for the past decade. As well as tempting in-store fare it can also cater for business lunches, picnics, parties and any event, with everything provided on a bespoke basis, depending on your needs and budget.

The ethically-focused café sources as many products locally as possible, including coffee from Coffee World, which roasts its beans nearby to produce a lovely, smooth blend.

Whether you're after a cappuccino or latte, an invigorating black coffee or a drink flavoured with syrup, or even just a hot chocolate, you'll find something to suit every palate at Coffee and Co, alongside a wide variety of tempting treats.

There's an enormous range of bread products, including sandwiches, baguettes, toasties, paninis and bagels, as well as salads and jacket potatoes, meaning vegetarians and coeliacs have plenty of options.

If you prefer something sweet, you'll be delighted by the selection of cakes, including traditional Victoria sponge, coffee cake, lemon cake, chocolate cake and more quirky recipes such as apple crumble or banoffee pie cakes.

Cakes are locally made, and a variety of gluten free items are available.

Coffee and Co has won the Best Of UK's Most Loved Coffee Shop for two years running, so make sure you visit to find out why.

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Serial shoplifter is sent to prison

■ JENNIE BAKER

A PROLIFIC shoplifter who targeted shops in Burwell, Isleham and Fordham has been jailed.

Melanie Bonas, 33, was locked up for 12 weeks for a string of offences across East Cambridgeshire by Cambridge Magistrates' Court on Friday.

The crimes were carried out with Daniel Stainton, 39, who was also sentenced by the court.

The pair helped themselves to bottles of champagne, electrical items and pet food totalling hundreds of pounds from stores across the district.

In one incident, they took eight bottles of champagne – including five of upmarket Bollinger – from Waitrose in Brays Lane, Ely.

Cambridgeshire Police said the duo, both of Tollgate Lane, Bury St Edmunds, would often work together with one selecting products and the other hiding them in bags or clothes.

Sgt Will Davis said: "These two were prolific offenders who targeted stores across East Cambridgeshire and beyond.

"Shoplifting is not a victimless crime; it has a real impact on the business community and ultimately drives up prices for other customers."

Bonas had pleaded guilty to six thefts between April 27 and May 12 and was ordered to pay more than £300 to four stores in Fordham, Soham and Ely.

Stainton, who admitted seven offences during the same period, was sentenced to three months in prison suspended for two years, given a three-month curfew between 7pm and 7am and ordered to pay a total of £400 compensation to the stores involved.

PARTNERS IN CRIME: Melanie Bonas, left, and Daniel Stainton caught on CCTV.

Police in East Cambridgeshire launched Operation Wicket to crack down on shoplifting and plans are in place to improve systems to allow shops, police and CCTV operators to quickly share images of suspected thieves.

There were 172 offences of shoplifting in East Cambridgeshire alone last year.

The crackdown is running alongside Cambridgeshire police's Get Closer campaign which aims to target certain crime trends identified through crime data analysis.

Visit *www.cambs-police.co.uk/getcloser/shoplifting* for more information.

Hounds in show spotlight

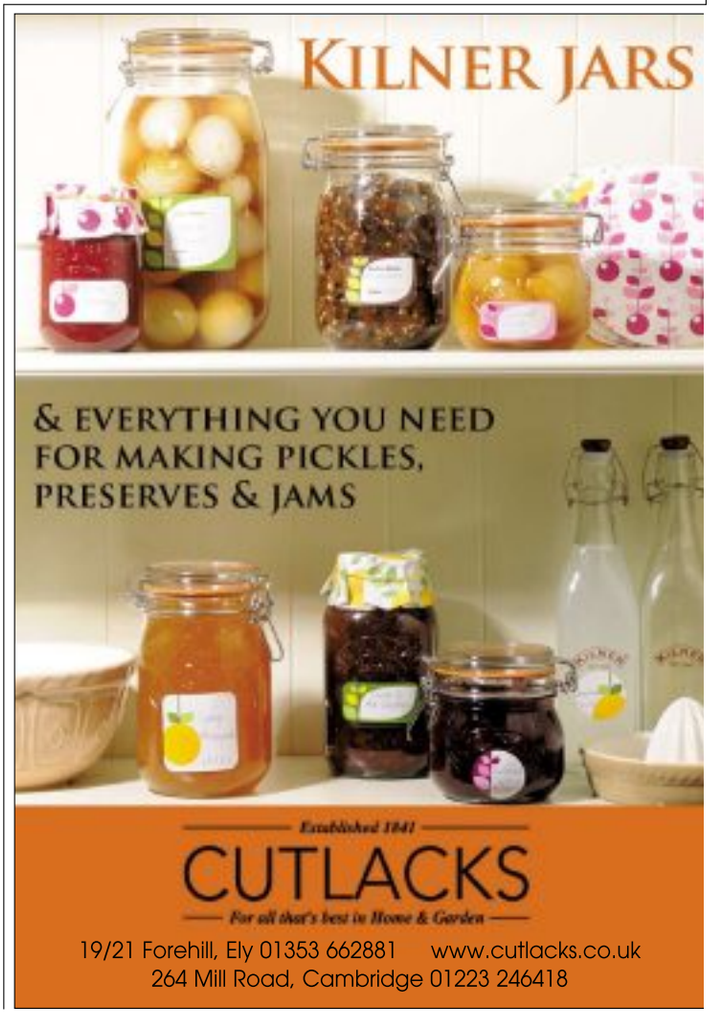
MEET greyhounds and their owners at a social evening in Mildenhall.

A mini-greyhound show will take place as part of the event at Mildenhall Stadium in West Row on Saturday.

A live band will play, a disco will be held, and food will also be available at the greyhound social evening, which is kicking off at 5pm.

Greyhounds can be enrolled in five classes including ones for puppies, veterans and hounds which have raced at Mildenhall. Each entry costs £2.

For more information about the event organised by the Mildenhall, Suffolk and East Cambridgeshire branch of the Retired Greyhound Trust, call Annie on 07787 701695.



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Owned and run by Mick Parkes and Kim Lee-Own since December 2010, the coffee shop is well known for its high quality coffee, friendly staff and relaxed atmosphere. The loyalty card system operates without the requirement for any personal details to be submitted, and customers receive a free drink when they present a full card to staff, as a gesture of appreciation for their loyal support.

Quattro is currently offering a summer saver too: an 8oz takeaway coffee or builder's tea for £1, and a 12oz for £1.50 (flat whites, mochas and hot chocolates not included.)

If you need a snack, the menu offered includes sandwiches, paninis, jacket potatoes and soups as well as cakes and pastries all prepared to order. Soft serve ice creams are also available.

Quattro also provides free wi-fi, an abstract art gallery supporting local artists and a free book exchange. As well as comfortable sofas, armchairs and table seating, there are outside tables too.

Visit Quattro Coffee at Unit 4, The Guineas, Newmarket. For more information call (01638) 667430 or visit *www.quattrocoffeeshop.co.uk*.

QUATTRO COFFEE: Known for its friendly, helpful atmosphere

LOYALTY RULES: Mick Parkes and daughter Camille Lee-Own

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Taking part is **FREE** so just come along to The Grafton between Monday 6th – Sunday 19th August and have your picture taken.

Win a super family break for two adults and two children, aged 12 or under, at the Christchurch Harbour Hotel & Spa, Dorset, or the St Ives Harbour Hotel & Spa, Cornwall.
Our winners will enjoy two nights' sumptuous accommodation, full English breakfast each morning and a three-course dinner each evening. And Mum and Dad will be pampered with a 55-minute treatment in a superb Harbour Spa.*

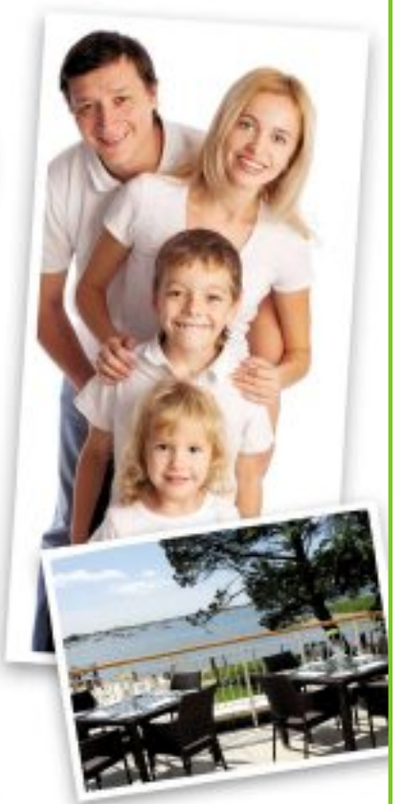
*Prize (based on 2 adults and two children aged 12 or under sharing a family room) valid until April 30, 2013, excluding Christmas, New Year and Easter and subject to availability.

You'll be able to enter in **ONE** of these categories:

'The Family' – all family members
'Couple' – two people
'Families 18+' – with sons and daughters over 18
'Families 18' – with sons and daughters under 18

Each category winner will receive a 16" x 12" canvas wrap and certificate and one lucky entrant receiving the most votes will also win a spa holiday for 2 adults and 2 children.

Winners will be chosen exclusively by 'News' readers – full details of how to vote will be in a special supplement featuring all the pictures that will be published in the newspaper in September.



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Cambridge News

DON'T MISS OUT – PUT A DATE IN YOUR DIARY NOW!

End of an era at final play session

JENNIE BAKER

THE founder of a long-standing parent and toddler group in Exning has packed away her toys for the last time.

Amanda Bowman was given gifts including a garden statue and a rose bush during the last of the Play-Pen sessions, which have taken place three times a week in the village's Methodist chapel for 15 years.

The 54-year-old said it had felt the right time to stop – but she could miss the group so much she ends up starting another.

She said she had run Play-Pen because she enjoyed it and it was the mums, dads and youngsters who had made it for her.

She said: "I just got to know them all and sometimes became a bit of an agony aunt – you hear the problems.

"I have been really lucky over the years. I have had some really lovely parents and lovely children and that's what I'm going to miss the most."

More than 100 children up to the age of four tried on outfits from the dressing-up rail, got creative with paints and crayons, and jumped aboard ride-on toys while the youngest guests relaxed in a designated baby area.

Julie Hogg, whose five-year-old daughter, Abbie Good, used to attend the group, said Mrs Bowman's Play-Pen sessions had been great for the parents who went along, as well as the little ones.

She said: "Even when mums haven't got children there any more they still pop in and have a cup of tea there and talk to the other mums.

"She never makes you feel like you don't have a toddler so you shouldn't be here. It has always been nice from a community point of view."

Mrs Bowman, who lives in Exning, said she owed her mum, Ann Ayres, a big thank you for helping her during the last decade of the group. The 78-year-old was given a hydrangea during the final session on Thursday, July 19.

THAT'S ALL, FOLKS: Amanda Bowman holding the celebration cake with her mum, Ann Ayres, standing centre. Picture: Nick John Lord

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This year the Newmarket remaining meetings are on 16th August, 24th October and 2nd November and Huntingdon's is the 16th October.

To claim your free 2012 RaceCard membership card, email **promotions@cambridge-news.co.uk** or call 01223 434380 or 434397 between 10.00 and 16.00 Monday to Friday. Please have your 'News Direct' customer reference number or newsagent's name and address details ready when you call. A maximum of FOUR individually named membership cards per household are available. If emailing, please put 'RaceClub 2012' in the subject box and include the names of the readers and one address for the card(s) to be sent to together with your customer reference number or newsagent's name.

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THE GUIDE

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Ahead of his Audley End appearance, Jools Holland tells JENNIFER SHELTON why listening to live music outdoors is a joy as old as the hills, pays tribute to Amy Winehouse and considers who his ideal Later . . . guests would be.

Crown Jools

MUSIC is the greatest art form there is, according to pianist, band leader and broadcaster Jools Holland.

But then, having spent his life surrounded by it – from first hearing his parents' jazz and blues records around the house to performing live for the Queen at her diamond jubilee concert – he would say that. But so, he explains, would the Ancient Greeks.

"Playing music and dancing to music in an outside setting is something that the ancients recognised," he says, ahead of his appearance at Audley End this month.

"When you see a smashed-up Greek urn that someone's glued back together in the British Museum or something, often that's exactly what the pictures depict. They worked out that the simpler it is, the better it is, and hopefully that's what we're going to have – music and dancing in what couldn't be a more picturesque location."

Holland will be performing as part of the Summer Concert Series at the stately home with his 20-piece rhythm and blues orchestra, which he has been with for almost as many years.

"It's remarkable, I realised this year that the orchestra has been together about 20 years and it's been mostly the same people all that time. We're like a big family. Occasionally new people come in: we've got ska legend Reggie Rodrique as part of the orchestra, who brings a very special element and personality to it, and singers like the legendary Ruby Turner, who's one of the greatest blues and boogie singers around today. And Gilson Lavis, who used to be in Squeeze with me, plays a special part. Speaking of which, we've heard that Chris Difford will also be with us for this show." Before his role as band leader and TV presenter for Later. . . With Jools Holland, the Londoner came to prominence as keyboardist for British pop band Squeeze, playing in small London pubs and clubs until catching the attention of BTM Records.

Laughing, Holland tells me about a recent catch-up with bandmate Chris Difford:

"I was out with Chris at the weekend and somebody had sent him some Super 8 footage of Squeeze playing at the Jubilee concert in 1977 (Coming full circle, Holland also performed at the Queen's diamond jubilee concert this year). We were playing outside a pub and it's great because I had no idea how different it all looked. It was like a 1970s film. London looked so strange – like The Sweeney or something."

A career in music was probably inevitable, coming from a musical family and showing an interest in his parents' records from an early age. Holland started learning the piano at 8, demonstrating a natural ear, and catching up on the theory side later while at school.

"My mother used to play the piano a little bit and sing old blues songs. My parents were very young when they married," he explains, "and they both liked black jazz and blues records so they had those around the house. And my uncle, my mother's younger brother, played boogie-woogie piano in a little London rhythm and blues group and when I first heard him play, for me all the chaos of the universe became ordered for that moment. I thought this was the best thing I'd ever heard and asked if he could show me how to do it, which he did, and I've spent the rest of my life trying to figure it out.

"I ended up with two careers really," he continues.

"While I was in Squeeze I also started doing my own thing. My manager at the time, who was also the manager of The Police, got me to do a little film about The Police and that opened the door into another world. I was 24 or 25 when all that happened but it just seemed to fit. Broadcasting and touring – they're part of the same thing. My shows have always been to do with music because I can only be me, really. I'm not an actor."

That early opportunity lead to a career presenting music shows, first with *The Tube* in Newcastle, then on his own show, Later . . .With Jools Holland, which began broadcasting in 1992 and has seen him give countless new or lesser-known talents a prominent platform.

"It's fantastic to have the opportunity to do that," he says. "As well as new talent it's also about bringing forward someone who might be well-known in their own sphere but not perhaps in a broader sense."

Who stands out as really memorable guests?

"All of them really," he reflects. "I loved Amy Winehouse, we were good friends. She was a great talent, God rest her soul. That was a great loss – she was like one of the great people from another age."

His passion for a great musical soul is clear when he answers immediately my next question, asking who he'd have on the show if he could pick anyone, from any era.

"I'd love to have Betty Smith on, and Bach and The Beatles – but when they were just in Hamburg – and that's just the Bs! I shan't tire you with the rest of the alphabet."

■ **Jools Holland and his Rhythm & Blues Orchestra, Audley End, Friday, August 3. Gates: 4.30pm, show: 7.30pm. Tickets are £32. Telephone 0844 995 0995 or see: *www.audleyendconcerts.com/buy-tickets.html*.**

MUSIC MAN: Jools Holland showed an interest in his parent's blues and jazz records from an early age.

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Cast of Footloose bursts onto the stage with best show yet

■ REVIEW: JANCIS HARVEY

AFTER just one week of rehearsals, Newmarket Millennium Youth Theatre is presenting its annual show this week at The Kings Theatre in Newmarket, until Saturday.

Directed by Wallace Wareham and Gail Baker, *Footloose* bursts onto the stage with all the enthusiasm expected from these brilliant productions.

The musical has lyrics by Dean Pitchford and is based on his original screenplay, with music by Tom Snow.

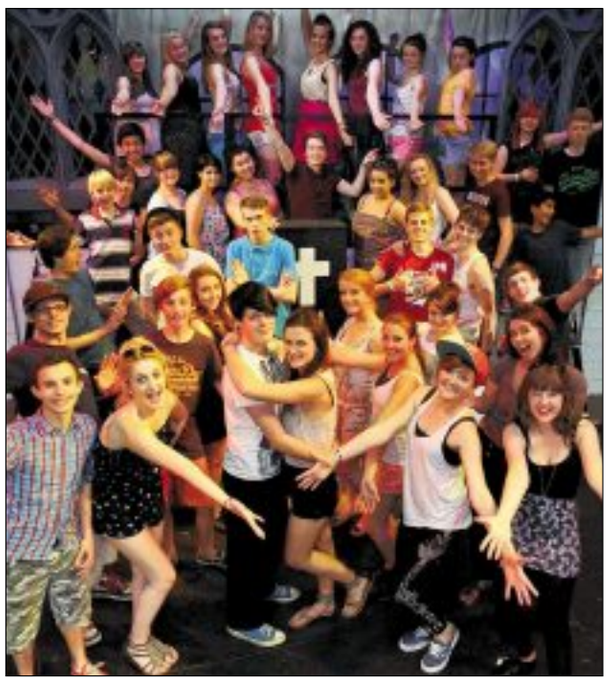
The scene is set in Bomont, a small US town which has been hit by a tragedy five years earlier, when four young people died in an accident on the local bridge.

One of the young people involved was the son of the minister of the church, who cannot come to terms with his loss and has brought about the law banning dancing from the town.

When a young lad called Ren moves in from Chicago, along with his mother, he sets about bringing dance back into a place which is frustrated by the rules imposed by this local minister.

Gradually, Ren wins over the other youngsters, and the people of the town and Rev Shaw Moore, and old wounds begin to heal.

Rev Moore is a good man, with his heart in the right place, but through the tragedy, has distanced himself from his wife and daughter.



Colourful cast: Newmarket Millennium Youth Theatre in *Footloose*.

He is played superbly by Stefan Stavrakakis with all the vulnerability through which he is going. Ebony Chamberlain-King takes the part of Vi Moore, his wife, and this young actress just gets better with every production, living her role every second, and her *Can you find it in your heart* is spine-tingling stuff in its unforced gentleness.

Fern Wareham takes on the part of the rebellious daughter, Ariel with all the unruliness required – and she does well with *Holding out for a hero* along with her pals, Rusty, Wendy-Jo and Urleen, played by Danielle Scharpf, Gemma Hunt and Megan Polston.

This little team are fairly awesome. There is a great routine number from the ever popular Tom Bunting as Willard, leading the other boys in *Mama says*.

With a cast of 42 its an overwhelming task to try to mention everyone, as they are all stunning. However, Josh Jenkins in his fourth NMYT production brings us a most versatile leading man with Ren, and his performance is powerful, in not only the musical numbers but his sheer brilliance in the way he moves around the stage.

His Mum, played by the most talented Rosmy Cesaro, and the two of them make a great pairing as son and mother.

Toby Mackrill takes on a different role this time with Chuck Cranston and is excellent in this almost sinister part.

The excellent choreography is in the hands of Jessica Clifford and Andy Thorpe, and anyone who likes line-dancing will be overjoyed at some great displays of this.

The music direction by Craig Sayers ensures a seamless staging of this great show, and the audience can sit back and appreciate one of the best NMYT productions ever.

Church to air new material

CHARLOTTE Church has announced a string of new tour dates in celebration of her new material.

After more than a decade playing for thousands at sell-out arenas, this tour will see her perform at more intimate venues, including Cambridge's The Junction on Friday night.

The 26-year-old, pictured below, recently played to just 150 people at the Hay Festival, accompanied by boyfriend Jonathan Powell's band – a change from her previous audiences which have included US presidents, the Queen and the Pope.

Church's new songs, produced in her own garage, showcase a new musical style and see her backed by a six-piece band.

Some are said to be inspired in part by her experience with the tabloid press – last year she gave a written statement to the Leveson Inquiry highlighting the invasion of her privacy by journalists and photographers, and her false portrayal in the media throughout her career.

Hailing from Llandaff, near Cardiff, the singer has lived in the spotlight since she was 12 years old after first grabbing the world's attention by singing Andrew Lloyd Webber's *Pie Jesu* down the telephone on *This Morning*. She has sold more than 10 million albums worldwide.

After establishing herself as a classical singer, she branched into pop music in 2005 and has also cropped up on screen as a television presenter as well as taking several acting roles.

■ Charlotte Church, The Junction, Friday at 7pm. Tickets are £12 in advance. Contact (01223) 511511 / *www.junction.co.uk*

Cinemas

Times for Fri, August 3 until Thu, August 9. All times are PM unless otherwise stated.

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(01638) 719749
There are no films showing at this time

BURY ST EDMUNDS Cineworld
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Ted (15): Fri 10.05am, 11.45am, 12.30, 2.10, 3, 4.40, 5.25, 7.05, 8, 8.45, 9.30, 10.25; Sat 11.45am, 12.30, 2.10, 3, 4.40, 5.25, 7.05, 8, 8.45, 9.30, 10.25; Sun-Tues 11.45am, 12.30, 2.10, 3, 4.40, 5.25, 7.05, 8, 8.45, 9.30; Wed 10.05am, 11.45am, 12.30, 2.10, 3, 4.40, 5.25, 6.10, 8, 8.45, 9.30; Thu 10.05am, 11.45am, 12.30, 2.10, 3, 4.40, 5.25, 7.05, 8, 8.45, 9.30
Diary Of A Wimpy Kid: Dog Days (U): Fri-Tues 11.20am, 1.40, 4, 6.20, 8.35; Wed 11.20am, 1.40, 4, 7.15, 8.35; Thu 11.20am, 1.40, 4, 6.20, 8.35
The Dark Knight Rises (12A): Fri-Sat 11am, 12.45, 2.30, 4.20, 6, 7.50, 8.30, 9.30; Sun-Thu 11am, 12.45, 2.30, 4.20 (subtitles Thu), 6, 7.50, 8.30
Dr. Seuss' The Lorax [3D] (U): Fri-Thu 11.30am, 1.45, 3.55, 6.10
Dr. Seuss' The Lorax (U): Fri-Thu 10.30am, 12.45, 2.55 (subtitles Sun)
Ice Age 4: Continental Drift [3D] (U): Fri-Thu 12noon, 2.15, 4.25, 6.35
Ice Age 4: Continental Drift (U): Fri-Thu 11.05am, 1.15 (subtitles Mon), 3.30
Magic Mike (15): Fri-Sat 5.50, 8.20., 10.50; Sun-Thu 5.50, 8.20 5.50, 8.20, (10.50pm F-Sa only)
The Amazing Spider-Man (12A): Fri-Sat 5.10, 8.05, 11; Sun-Thu 5.10, 8.05
Katy Perry: Part Of Me [3D] (PG): Fri 10.15am; Sun-Thu 10.15am
Movies for juniors
Mr. Popper's Penguins (PG): Sat 10am
Alvin And The Chipmunks: Chipwrecked (U): Sat 10.10am
Pirates! In an adventure with scientists! (U): Sat 10.05am

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Mirror, Mirror (PG): Fri-Thu 10am
Ted (15): Fri 9am, 11.30am, 2, 4.30, 6, 7, 8.30, 9.50, 11, midnight; Sat 9am, 11.30am, 2, 4.30, 6, 7, 8.30, 11, midnight; Sun 9am, 11.30am, 2, 4.30, 6, 7, 8.30; Mon-Tues 9am, 11.30am, 2, 4.30, 6, 7, 8.30, 9.50; Wed 9am, 11.30am, 2, 4.30, 6, 7, 8.30, 9.50., 11, midnight; Thu 9am, 11.30am, 2, 4.30, 6, 7, 8.30
Diary Of A Wimpy Kid – Dog Days (U): Fri 9.10am, 9.40am, 11.30am, 12noon, 1, 2.30, 4.50, 5.20, 7.10; Sat 9.10am, 9.40am, 11.30am, 12noon, 1, 2.20, 4.40, 8.10; Sun 9.10am, 9.40am, 11.30am, 12noon, 1, 2.20, 4.40, 8.10; Mon-Tues 9.10am, 9.40am, 11.30am, 12noon, 1, 2.30, 4.50, 7.10, 8.10; wed 9.10am, 9.40am, 11.30am, 12noon, 1, 2.30, 4.50, 5.10, 7.10; Thu 9.10am, 9.40am, 11.30am, 12noon, 1, 2.20, 4.40, 8.10
The Olympics (U): Sat-Sun 7; Thu 7
The Dark Knight Rises (12a): Fri-Sat 9.20am, 10.20am, 11.40am, 12.50, 1.50, 3.05, 4.20, 5.30, 6.30, 8, 9, 10, 11.25; Sun-Tues 9.20am, 10.20am, 11.40am, 12.50, 1.50 (subtitles Sun), 3.05, 4.20, 5.30, 6.30, 8, 9, 10; Wed 9.20am, 10.20am, 11.40am, 12.50, 1.50, 3.05, 4.20, 5.30, 6.30, 8, 9, 10, 11.25; Thu 9.20am, 10.20am, 11.40am, 12.50, 1.50, 3.05, 4.20, 5.30, 6.30, 8, 9, 10
Dr Seuss' The Lorax (U): Fri-Thu 9.05am, 11.20am, 3.45
Ice Age: Continental Drift 3D (U): Fri-Thu 3.30
Ice Age: Continental Drift 2D (U): Fri-Thu 9.25am, 1.30, 5.50
Magic Mike (15): Fri-Sat 8.15, 10.50; Sun-Tues 8.15; Wed 8.15, 10.50; Thu 8.15
The Amazing Spider-Man 2D (12a): Fri 1.55, 7.45, 10.45; Sat 1.55, 5.05, 10.20; Sun 1.55, 5.05; Mon 5.10; Tues 2.10; Wed 1.55, 7.30, 10.30; Thu 1.55, 5.05
Senior screening: Chariots of Fire (PG): Tues 1.55
Subtitled performances: The Dark Knight Rises (12a): Sun 1.50; Tues 6.30

The big film

TED
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THE teddy bear is a potent symbol of childhood innocence. But in Ted it is also the focal point for a series of deranged and debauched misadventures.

Child and toy become inseparable in this deliciously foul-mouthed comedy that employs the magic of digital trickery to bring to life a stuffed bear as a buddy for a lonely boy.

It's a simple premise, essentially a live action version of *Toy Story* albeit with the eponymous bear accepted as a talking, skirt-chasing entity by everyone he encounters.

Writer-director Seth MacFarlane, creator of the irreverent animated comedies *Family Guy* and *American Dad!*, has great fun with his real and virtual characters, taking verbal pot shots at Susan Boyle, Taylor Lautner and Superman actor Brandon Routh in a script that gleefully sticks up two fingers to political correctness.

It's Christmas 1985 and a boy called John Bennett (Bretton Manley) stares adoringly at his favourite teddy and whispers: "I wish you could talk. Then we could be friends forever and ever."

Just at that moment a shooting star passes overhead and the next morning John introduces the exceedingly animated Ted (voiced by MacFarlane) to his dumbfounded parents (Ralph Garman, Alex Borstein).

The film then fast-fowards to the present day. John (Mark Wahlberg) now works for a car rental company and has a beautiful girlfriend, Lori (Mila Kunis).

When their four-year anniversary dinner ends in a fractious discussion about priorities, John responds by asking his best buddy to move out of the apartment and stand on his own two paws.

Ted has a generous smattering of belly laughs, although some of the best moments have been repeated ad nauseum in trailers. Wahlberg is perfectly suited to his role as a goofy hopeless romantic and screen chemistry with Kunis Simmers, if it never quite boils.

Digital effects are excellent, seamlessly melding the bear with live action in hare-brained action sequences, including a hysterical hotel room punch-up and a climactic race around a sporting venue that may have grown men choking back tears.

And a running gag about a classic 1980 film results in a wonderful cameo to fan the flames of our wistful nostalgia.

Summer rain may be a blessing

GARDENING TIPS

by Hannah Stephenson

RAINFALL: Many plants have benefited from the deluge of the past few weeks, says garden designer Chris Beardshaw.

IF you've been looking outside recently and despairing at your soggy mass of potted petunias, drowning dahlias and other beleaguered bedding, there is light at the end of the tunnel.

Yes – the cool, rainy weather of June and July has battered plants and made us all miserable this summer, but the increased moisture in the ground could lead to a floriferous autumn, says garden designer Chris Beardshaw, a regular panellist on BBC Radio 4's *Gardeners' Question Time*.

"The good news is that there's a lot of trees and shrubs and hedges which have benefited from the deluge," says Beardshaw, a Cheshire's Garden of Distinction ambassador and exhibitor at the recent show at RHS Tatton Park.

"Trees that had struggled with several dry springs and winters were starting to yellow early and suffer dieback in the crown and stunted growth. Now, they are very lush and there's plenty of growth.

"I've got acers and limes in the garden that have put on more growth this year than I've ever seen. Deep-rooted, woody and resilient specimens that are used to the temperature variations that we've had will do well."

Trunks will be full of moisture, taking in water-soluble nutrients and Beardshaw would be hesitant about feeding woody stock, although you'll still need to feed lawns, he advises.

"Put autumn food on lawns because shallower rooted plants have lost nutrients from their root zones. Anything that's shallow is going to be going yellow."

He reckons that anyone who's grown tomatoes, aubergines and cucumbers outside will struggle to get any sort of harvest because of the cooler weather and lack of insects to pollinate the flowers.

"We've seen a huge reduction in bees, butterflies, hoverflies and ladybirds which have been hit by two harsh winters and then a very wet summer. It's posing a threat to their population."

Faster growing crops such as lettuces should be fine if you can keep the explosion of slugs off them, he adds.

"For indoor tomatoes, it would be worth removing some of the leaves to expose the fruits because we haven't had high light levels, so the fruits won't ripen as quickly and the skins of tomatoes will go leathery."

If the foliage of conifers goes yellow, dig a small hole at the base of the plant and check the drainage is good enough, because they hate to be waterlogged.

On the plus side, the crowns of wild geraniums, astilbes and lupins have bulked up in the wet weather. Even if we don't get much flower, next year we'll benefit from the amount of root growth and leaf generation that those sorts of perennials have put on, he says.

"Roses have done very well, too. They don't mind wet ground and heavy soils, so there are some winners."

Summer annuals may have taken a hammering in the rain, but if you give them a good trim, then you may well see them bloom later, especially if there is any warmer weather on the way.

"Don't be afraid to trim them back because if we do get a burst of warmth they will have established themselves in the pots and if we give them a bit of a haircut and pinch out any faded flowers, as soon as the temperature increases you will have a massive potential of enthusiasm in the pot and the plant will react."

In the last few seasons we've had long, mild autumns, when annual bedding has come into its own.

"A sniff of warm bright weather towards the end of August could lead to late bedding displays, if you can keep the slugs off them."

Many plants will be flowering late, he predicts.

"We can expect a second flush of flowering on pears, rhododendrons and camellias, taking advantage of any warmer conditions in autumn.

"I just have a gardener's sniff that it's going to be a good autumn," he smiles, ever the optimist.

PAUL KIRKLEY'S NEWSROUND

Read our brilliant columnist – every Friday in the Cambridge News

Friday, Saturday & Sunday
August 10th, 11th & 12th
Sandringham Craft Sculpture & Art Fair
The Designer Craft Pavilions:
Provide a showcase for Artists and Designers to promote their own individual handmade work, Ceramics, Art Glass, Jewellery, Wood, Metal, Textiles.
The Working Village:
• The Blacksmiths Demonstration Marquee • Pottery Workshop • Glass Blowing Studio • Fabric Marquee • Kings Lynn Woodturners • Rural Skills Area including • Corn Dollies • Walking Sticks • Spoon Carving • Coppice Skills & Beekeeping. Many of these skills you are able to 'Have a Go'
The International Chainsaw Competition
Twelve top class carvers will be competing in a series of classic and speed carving competitions. All the competition pieces are sold at auction over the weekend. Chainsaw Art is rapidly growing in popularity, it's visually stunning, exciting to watch and offers the opportunity to purchase a sculpture you have seen created during the show.
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THURSDAY August 2

Main Channels

BBC1

6.00am Olympic Breakfast. Chris Hollins and Sian Williams present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 768840

9.00 Olympics 2012. Mishal Husain is joined by Sonali Shah to present coverage of the opening events on day six of the Games, featuring women's archery, and men's and women's rowing semi-finals. (C) 810482

11.30 Olympics 2012. Matt Baker presents the latest on the sixth day of London 2012, with John Inverdale at Eton Dorney to introduce the first three rowing finals of the day. Olympics coverage continues on BBC2. (C) 32579

1.00pm BBC News; Weather. (C) 15598

1.30 Regional News; Weather. (C) 30120181

1.45 Olympics 2012. Hazel Irvine and Sonali Shah introduce an afternoon of archery, tennis and shooting, with the latest medals set to be decided on day six of the Games. (C) 88739840

4.00 Olympics 2012. *See Pick of the day.* (C) 4376

6.00 BBC News; Weather. (C) 85

6.30 Look East; Weather. (C) 37

7.00 Olympics 2012. Gary Lineker introduces coverage of another busy evening of swimming at the Aquatics Centre, where four finals and the semi-finals in a further three disciplines are scheduled. Clare Balding presents the races, featuring the finals of the **7.38** women's 200m breaststroke, **7.46** men's 200m backstroke, **8.16** men's 200m individual medley and **8.34** women's 100m freestyle, and the semi-finals of the **7.30** men's 50m freestyle, **7.54** women's 200m backstroke and **8.51** men's 100m butterfly. Britain's best chance of a medal tonight appears to be in the women's 100m freestyle, in which former European champion Fran Halsall will hope to have a decisive part to play, while American stars Michael Phelps and Ryan Lochte will once again expect to continue their rivalry in the individual medley. Phelps won an incredible 14 gold medals over the last two Olympics in Athens and Beijing, and is confident of adding to that tally, although Lochte matched him during the dramatic US trials, and the pair are hard to separate in a number of disciplines. (C) 238024

10.00 BBC News. (C) 16161

10.30 Regional News; Weather. (C) 858685

10.40 Olympics Tonight. Gabby Logan and guests look back on the sixth day's events, and present live coverage of the sports still taking place, featuring basketball, beach volleyball and volleyball. The men's USA basketball team take on Nigeria in their latest group match at the Basketball Arena, the men's and women's beach volleyball preliminaries continue at Horse Guards Parade, and Great Britain face Italy in a Pool A men's volleyball fixture at Earls Court. Rowing, archery and table tennis were among the sports that saw 18 gold medals decided today, and there is also a look ahead to tomorrow, which marks the beginning of the athletics schedule, including Jessica Ennis in the heptathlon. (C) 1183260

12.00am BBC News. (C) 4852951

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the sixth day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 3714680

12.55 Holiday Weatherview. (C) 5673845

1.00 BBC News. (C) 1811845

Pick of the day

Olympics 2012

BBC1, 4pm

Sue Barker and Jake Humphrey present as the track cycling competition begins at the London Velodrome, with Team GB hopeful of producing more fine displays. Providing they negotiate their way through the earlier heats, Victoria Pendleton, pictured, and Jess Varnish will be going for gold in the women's team sprint event. Also taking place in this session are the early stages of the men's team sprint and team pursuit.

Hairy Dieters: How to Love Food and Lose Weight

BBC2, 8pm

Si King and Dave Myers embark on a quest to lose weight while still enjoying the food they love by creating healthier versions of their favourite recipes. The duo also search for ways to make their lifestyles more active – including swapping their motorbikes for pedal-powered machines – and learn why obesity is an increasingly serious problem in 21st-century Britain.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9168598 **6.15 Chuggington: Badge Quest.** (R) (C) 3542579 **6.20 Timmy Time.** (R) (C) 6762111 **6.30 The Adventures of Abney & Teal.** (R) (C) 7253918 **6.40 Octonauts.** (R) (C) 7242802 **6.50 Rastamouse.** (R) (C) 7262666 **7.05 CBBC: Deadly 60.** (R) (C) 8286376 **7.30 Horrible Histories.** (R) (C) 93376 **8.00 The Scooby-Doo Show.** (R) (C) 2554043 **8.25 Tree Fu Tom.** (R) (C) 8366208 **8.45 Justin's House.** (R) (C) 694208 **9.15 Heir Hunters.** (R) (C) 7165640 **10.00 Homes Under the Hammer.** (R) (C) 82260 **11.00 Cowboy Trap.** (R) (C) 1325735 **11.45 Cash in the Attic.** (R) (C) 603956 **12.15pm Bargain Hunt.** (R) (C) 9590173 **1.00 Olympics 2012.** Coverage of the tennis competitions from Wimbledon. (C) 7354537 **1.45 Escape to the Country.** (C) 974956 **2.15 Flog It!** (R) (C) 4985078 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 1802 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 43 **4.00 The Sarah Jane Adventures.** (R) (C) 50 **4.30 Roy.** (R) (C) 34 **5.00 Newsround.** (C) 4199463 **5.05 Shaun the Sheep.** (R) (C) 5400463 **5.15 Antiques Road Trip.** (R) (C) 1822753

6.00 Olympics 2012. The men's team sprint track cycling finals. (C) 36918

7.00 Helicopter Rescue. Rescue 169 aids a man stranded by the tide at Southerndown cliffs in the Vale of Glamorgan, and a 16-year-old needs urgent medical attention following a car accident in mid-Wales. (C) 6111

7.30 EastEnders. Lauren tells a sceptical Max and Tanya that she and Whitney have seen Ian living rough, so the couple enlist Alfie's help to search for their missing friend. (C) 63

8.00 Hairy Dieters: How to Love Food and Lose Weight. *See Pick of the day.* (C) 7537

9.00 Amish: A Secret Life. A family from the religious group's strictest order consents to be filmed by a documentary crew – even though it means there is a risk of excommunication by the Amish church. (C) 3111

10.00 Olympics 2012. Gary Lineker introduces the latest from across London on the sixth day of the Games, where men's boxing and volleyball, and women's hockey are still taking place. (C) 862043

10.40 Newsnight; (C) Weather. (C) 385579

11.30 Lionel Richie – Dancing on the Ceiling. (C) 85579

12.30am Engineering Giants: Ferry Strip-Down. (R) (C) 60446

1.30 Sign Zone: Disabled or Faking It? – Panorama. (R) (C) 85796

2.00 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 28222

3.00 Sign Zone: Natural World: Unnatural History of London. (R) (C) 96796

4.00 Close

Channel 4

6.10am The Hoobs. (R) (T) 6557173 **6.35 The Hoobs.** (R) (T) 4236918 **7.00 Freshly Squeezed.** (T) 74127 **7.30 According to Jim.** (R) (T) 5167799 **7.55 Will & Grace.** (R) (T) 3878531 **8.20 Everybody Loves Raymond.** (R) (T) 2550227 **8.50 Frasier.** (R) (T) 7007192 **9.25 Come Dine with Me.** (R) (T) 7843647 **9.55 Come Dine with Me.** (R) (T) 7659289 **10.25 Come Dine with Me.** (R) (T) 8554482 **10.55 Come Dine with Me.** (R) (T) 2430802 **11.30 Come Dine with Me.** (R) (T) 7821 **12.00pm Channel 4 News Midday Summary.** (T) 5639260 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 9525314 **1.05 Jamie's 30 Minute Meals.** (R) (T) 73690111 **1.35 Channel 4 Racing.** Live coverage of the third day of the Glorious Goodwood festival. (T) 89709260 **4.00 Deal or No Deal.** (T) 7444 **5.00 Four in a Bed.** (R) (T) 1043 **5.30 Come Dine with Me.** (R) (T) 82

6.00 The Simpsons. (R) (T) 95

6.30 Hollyoaks. (T) 47

7.00 Channel 4 News. (T) 816163

7.55 4thought.tv. Boxing referee Jalman Singh Basi explains his belief that the sport has the power to help people better themselves, and why he does not agree with faith influencing the rules. (T) 566918

8.00 The Churchills. David Starkey explains how writing a biography of his ancestor John improved Winston Churchill's standing in the public eye and paved the way for his return to power. (T) 8043

9.00 Embarrassing Bodies. The doctors catch up with patients who previously appeared on the programme with face-related problems, including a woman opting for surgery to correct her facial malformation. (T) 5579

10.00 24 Hours in A&E. A severely underweight baby is rushed into resus with breathing difficulties, and an 18-month-old's urine test results could explain why he has been feeling unwell for five days. (R) (T) 6346111

11.05 Undercover at the News of the World. Documentary examining how the News of the World's investigation unit, headed by Mazher Mahmood, was responsible for a series of undercover stings on celebrities. (T) 421005

12.05am Random Acts. (T) 4853680

12.10 Undercover Boss. (R) (T) 8070067

1.05 Jon Richardson: A Little Bit OCD. (R) (T) 7623777

2.00 A Short History of Everything Else. (R) (T) 21661

2.30 Britain on the Sick: Channel 4 Dispatches. (R) (T) 40796

3.00 Apocalypse: The Second World War. (R) (T) 2532845

3.55 Time Team. (R) (T) 3493852

4.50 Extinct. (R) (T) 68532512

5.15 Deal or No Deal. (R) (T) 4346116

Channel 5

6.00am Milkshake! Thomas & Friends. (R) (T) 65086376 **6.10 The WotWots.** (R) (T) 65000956 **6.20 City of Friends.** (R) (T) 65099840 **6.30 Jelly Jamm.** (R) (T) 88868258 **6.45 Peppa Pig.** (R) (T) 21578444 **6.50 Castle Farm.** (R) (T) 21508685 **6.55 Little Princess.** (R) (T) 21598208 **7.05 Ben and Holly's Little Kingdom.** (R) (T) 4765840 **7.20 The Mr Men Show.** (R) (T) 2282647 **7.35 Thomas & Friends.** (R) (T) 5078227 **7.45 Make Way for Noddy.** (R) (T) 5058463 **8.00 Fifi and the Flowertots.** (R) (T) 9534918 **8.15 Peppa Pig.** (R) (T) 7029531 **8.25 Peppa Pig.** (R) (T) 8922014 **8.30 Roary the Racing Car.** (R) (T) 9799573 **8.40 Bananas in Pyjamas.** (T) 7677802 **9.00 Igam Ogam.** (R) (T) 8008753 **9.15 The Wright Stuff.** 43326802 **11.10 Cowboy Traders.** (R) (T) 3899753 **12.10pm 5 News Lunchtime.** (T) 57311869 **12.15 Big Brother: The White Room.** The housemates face a sensory-deprivation challenge. (R) (T) 9986208 **1.45 Neighbours.** (T) 5008173 **2.15 The Mentalist.** (R) (T) 4407227 **3.15** FILM: **Trust (2009).** Mystery, starring Jamie Luner. (T) 46139314 **5.00 5 News at 5.** (T) 5394840 **5.30 Neighbours.** (R) (T) 7660227

6.00 Monkey Life. (T) 7650840

6.30 5 News at 6.30. (T) 7641192

7.00 Cricket on 5. England v South Africa. Mark Nicholas presents action from the first day's play in the Second Test at Headingley; (T) 5 News Update. (T) 5075482

8.00 Harold Shipman: Born to Kill? Psychological profile of Harold Shipman, the Manchester doctor who was convicted of murdering 15 patients – though a report estimated he could be responsible for many more deaths; (T) 5 News at 9. (T) 5051802

9.00 The Hotel Inspector. Alex Polizzi visits the Mansion Lions Hotel in Eastbourne, where owner Sheikh Abid Gulzar aspires to a four-star rating – but may need to solve some fundamental problems first. (T) 5071666

10.00 Big Brother. Marcus Bentley narrates highlights from the day after the white room challenge, in which the housemates spent time in an area designed to limit their sensory capabilities. (T) 5074753

11.00 Big Brother's Bit on the Side. Emma Willis presents the BB companion show, including celebrity fans' thoughts on the latest developments in the run-up to tomorrow's eviction and behind-the-scenes insights. 7763573

12.00am SuperCasino. 1978319

4.00 Great Scientists. (R) (T) 57051067

4.25 House Doctor. (R) (T) 12997406

4.45 Michaela's Wild Challenge. (R) (T) 64496135

5.10 Wildlife SOS. (R) (T) 81340241

5.35 Wildlife SOS. (R) (T) 81706222

ITV1

6.00am Daybreak. (T) 165444

8.30 Lorraine. (T) 2235821

9.25 The Jeremy Kyle Show. (R) (T) 7948395

10.30 This Morning. (T) 70531

12.30pm 60 Minute Makeover. A family home is transformed in Luton, Bedfordshire. (R) (T) 44192

1.30 ITV News and Weather. (T) 57523869

1.55 Anglia News and Weather. (T) 88003734

2.00 Murder, She Wrote. Jessica's niece is accused of murder. (R) (T) 70937

3.00 Dickinson's Real Deal. The team visits Penrith in Cumbria. (R) (T) 3145

3.59 Anglia Weather. (T) 9386173

4.00 Midsomer Murders. Part two of two. Stephen Cavendish falls under suspicion. (R) 9802

5.00 Dinner Date. A man from Staffordshire takes part in the matchmaking show. (T) 9208

6.00 Anglia Tonight; Weather. (T) 53

6.30 ITV News and Weather. (T) 55

7.00 Emmerdale. Amy has a change of heart about visiting Kerry, but is not impressed when she finds her standing outside the hospital smoking. Moira continues her efforts to reunite Alex with Victoria, telling him the other night meant nothing, while Amelia is excited as she prepares for her christening. (T) 5127

7.30 Divided Britain: Tonight. (T) 89

8.00 Emmerdale. Eric offers Kerry a bed for the night, giving her the perfect opportunity to make amends with Amy. Alex tells Victoria their relationship is over, despite everything Moira has said. Ali realises Dan is finally moving on as he makes a speech at Amelia's christening reception, and David tells Priya the truth about his wedding. (T) 9685

8.30 Coronation Street. Michelle angrily confronts Kylie in the street after Ryan insists she gave him the drugs, and Sunita tells Stella that Karl will not sign over the pub. (T) 8192

9.00 The Briefs. Two-part documentary exploring the world of criminal law, with access to one of Britain's leading legal-aid practices – Tuckers in Manchester. Senior partner Franklin Sinclair visits a 63-year-old woman accused of drug dealing, and lawyer Iain Johnstone's client is on trial for blackmailing Coleen Rooney. Plus, defendants accused of burglary, harassment and assault. Narrated by Nicholas Jones. (T) 7937

10.00 ITV News at Ten and Weather. (T) 94949

10.30 Anglia News and Weather. (T) 103647

10.35 The Talent Show Story. How Britain's Got Talent brought variety back to TV, Simon Cowell's rise to fame and the role of 1970s show New Faces in bringing the judging panel to talent shows. (R) (T) 576573

11.35 Poms in Paradise. Documentary following the stories of British expats who have settled in the city of Gold Coast in Queensland, Australia. A champion lifesaver talks about his life. (R) (T) 638043

12.05am Jackpot247; ITV News Headlines. 64426593

3.00 Divided Britain: Tonight. (R) (T) 59066086

3.25 ITV Nightscreen. 1792558

4.35 The Jeremy Kyle Show. (R) (T) 5014609

5.30 ITV Morning News. (T) 70715

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather.

FRIDAY August 3

Main Channels

BBC1

6.00am Olympic Breakfast. Chris Hollins and Sian Williams present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 301777

9.00 Olympics 2012. Mishal Husain presents coverage of day seven of the Games, featuring the men's individual archery and the opening session of the athletics schedule. (C) 93670680

11.20 Olympics 2012. Matt Baker introduces all the action from four rowing finals at Eton Dorney, where John Inverdale is on hand to cover the races, with analysis by Steve Redgrave. (C) 95035796

1.00pm BBC News; Weather. (C) 94222

1.30 Regional News; Weather. (C) 64425393

1.45 Olympics 2012. Hazel Irvine presents this afternoon's tennis coverage from Wimbledon, where the semi-finals of the men's and women's singles are scheduled. Andy Murray represented Britain's greatest chance of tennis success heading into these Games after reaching the final of Wimbledon, and was looking for a major improvement on four years ago, when he crashed out in the first round in Beijing. The men's semi-finals on that occasion brought wins for Fernando Gonzalez and Rafael Nadal over James Blake and Novak Djokovic respectively, while Elena Dementieva and Dinara Safina progressed to the women's final. The commentary team includes Andrew Cotter, Sam Smith and Chris Bradnam. (C) 88706512

4.00 Olympics 2012. Sue Barker and Jake Humphrey introduce this afternoon's opening races in the track cycling at the London Velodrome, including the women's Keirin. The full schedule features the first round of the women's Keirin from **4.00**, with the first-round repechages from **4.45** and second round from **5.45**, along with the first round of the men's team pursuit from **4.15** and women's team pursuit qualifying from **5.00**. Victoria Pendleton is one of the most high-profile members of Team GB and is looking to progress to this evening's Keirin finals, as she continues her quest to add to the sprint gold she won at the Beijing Games. With commentary by Hugh Porter, Chris Boardman and Jill Douglas. Coverage continues on BBC2. (C) 9390

6.00 BBC News; Weather. (C) 90

6.30 Look East; Weather. (C) 70

7.00 Olympics 2012. *See Pick of the day.* (C) 701628

10.00 BBC News. (C) 16883

10.30 Regional News; Weather. (C) 373796

10.40 Olympics Tonight. Gabby Logan and guests look back on the seventh day's events at the London Games, and present live coverage of the sports still taking place, featuring women's basketball between the Czech Republic and the USA, and women's volleyball between Algeria and Italy. The start of the athletics programme was one of today's major talking-points, along with finals in the swimming, rowing, archery and badminton. (C) 1150932

12.00am BBC News. (C) 4756723

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the seventh day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 3618452

12.55 Weatherview. (C) 5577617

1.00 BBC News. (C) 1715617

Pick of the day

Olympics 2012

BBC1, 7pm

Gary Lineker presents as the first evening of the athletics takes place and the outcomes of four more medals are decided in the pool. All eyes will be on Jessica Ennis, pictured, at the Olympic Stadium as, having got her quest for heptathlon gold under way this morning with the 100m hurdles and high jump, she continues with the shot put and 200m. The first track medals are also handed out this evening in the women's 10,000m.

The Great British Story: A People's History

BBC2, 9pm

Michael Wood explores the many ways in which the Industrial Revolution transformed Britain during the 19th century, as urban society grew while the rural population shrank. He discovers how this economic shift affected workers, visiting communities in Dorset and Wiltshire, as well as the site of a former slum in Manchester, and investigates the roles of slavery and colonialism in driving British expansion.

ITV1

6.00am Daybreak. (T) 466883

8.30 Lorraine. (T) 2202593

9.25 The Jeremy Kyle Show. (R) (T) 7915067

10.30 This Morning. (T) 80135

12.30pm 60 Minute Makeover. (R) (T) 47406

1.30 ITV News and Weather. (T) 57583241

1.55 Anglia News and Weather. (T) 88070406

2.00 Murder, She Wrote. (R) (T) 82999

3.00 Dickinson's Real Deal. David Dickinson helps people in Winchester sort the treasures from their trash. (R) (T) 9406

3.59 Anglia Weather. (T) 9353845

4.00 Midsomer Murders. Part one of two. A 'perfect village' competition turns ugly. With Orlando Bloom. (R) 1241

5.00 Dinner Date. Natalie from London hopes to find love. (T) 4222

6.00 Anglia Tonight; Weather. (T) 86

6.30 ITV News and Weather. (T) 38

7.00 Emmerdale. Amy has mixed feelings as she spends time with Kerry, and later gives her mum an ultimatum when she sees her packing to leave the village. Marlon becomes increasingly anxious about Paddy and Rhona taking his son away, while Rachel puts pressure on Jai to tell Charity about the baby. (T) 5951

7.30 Coronation Street. Tina visits the garage to confront Tyrone after learning he is no longer willing to let Tommy have a repayment break, but is shocked to find him tending the injuries inflicted by Kirsty. Steve comforts Michelle after breaking up an altercation between Ryan and David, and takes advantage of the situation by inviting her out for dinner, while Tracy offers to clean the house after Norris complains about her lack of contribution to the rent. (T) 22

8.00 Grimefighters. A kebab shop in Wolverhampton receives surprise visitors, a drain duo rescue an Essex damsel in distress and an enforcement officer opens the doors to a squalid Newcastle house. (R) (T) 1999

8.30 Coronation Street. Tyrone confides in Tina about his abusive relationship, but insists it is his fault for provoking Kirsty, while Tracy locks Norris in his bedroom. (T) 2226

9.00 Soham: A Parents' Tale. A decade after the murders of 10-year-olds Holly Wells and Jessica Chapman in the Cambridgeshire town of Soham, Holly's parents, Kevin and Nicola, talk about their loss, how they have coped since school caretaker Ian Huntley committed the crimes, and the positive steps they have taken to honour the memory of their daughter. (T) 3203

10.00 ITV News at Ten and Weather. (T) 98721

10.30 Anglia News and Weather. (T) 651086

10.35 FILM: The Bourne Identity (2002). An amnesiac man pulled from the sea by the crew of a fishing boat is targeted by assassins as he tries to discover who he is. Thriller, starring Matt Damon and Franka Potente. New film *The Bourne Legacy* is released in cinemas on August 13. (T) 67447999

12.45am The Store; ITV News Headlines. 563568

2.45 FILM: A Home at the End of the World (2004). Drama, starring Colin Farrell. (T) 339452

4.25 ITV Nightscreen. 4601636

5.30 ITV Morning News. (T) 95297

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9128970 **6.15 Chuggington: Badge Quest.** (R) (C) 3502951 **6.20 Timmy Time.** (R) (C) 6739883 **6.30 The Adventures of Abney & Teal.** (R) (C) 7213390 **6.40 Octonauts.** (R) (C) 7219574 **6.50 Rastamouse.** (R) (C) 7239338 **7.05 CBBC: Deadly 60.** (R) (C) 8253048 **7.30 Horrible Histories.** (R) (C) 12628 **8.00 The Scooby-Doo Show.** (R) (C) 2521715 **8.25 Tree Fu Tom.** (R) (C) 8326680 **8.45 Justin's House.** (R) (C) 135357 **9.15 Heir Hunters.** (R) (C) 1460852 **10.00 Homes Under the Hammer.** (R) (C) 17852 **11.00 Cowboy Trap.** (R) (C) 5620947 **11.45 Cash in the Attic.** (R) (C) 111777 **12.15pm Bargain Hunt.** (R) (C) 9567845 **1.00 Olympics 2012.** The men's 3,000m steeplechase heats. (C) 1659749 **1.45 Escape to the Country.** (R) (C) 499067 **2.15 Flog It!** (R) (C) 2785690 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 3116 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 48 **4.00 The Sarah Jane Adventures.** (R) (C) 83 **4.30 Blue Peter.** (R) (C) 67 **5.00 Newsround.** (C) 4166135 **5.05 Shaun the Sheep.** (R) (C) 5477135 **5.15 Antiques Road Trip.** (R) (C) 1899425

6.00 Olympics 2012. The men's team pursuit and women's Keirin track cycling finals. (C) 40338

7.00 New Forest – A Year in the Wild. Exploring the lives of people and wildlife inhabiting the New Forest National Park in Hampshire, where some of Britain's rarest creatures, including the sand lizard, can be found. (C) 9703

8.00 Coast. Mark Horton meets latter-day Viking shipwrights. (R) (C) 4845

8.30 Gardeners' World. British plants with summery scents. (C) 6680

9.00 The Great British Story: A People's History. *See Pick of the day.* (C) 6777

10.00 Olympics 2012. Gary Lineker presents further coverage from across day seven of the Games, including women's basketball and men's boxing. Olympics coverage continues on BBC1. (C) 363574

10.40 Newsnight; (C) Weather. (C) 774135

11.10 The National Lottery Friday Night Draws. (C) 258048

11.20 The Sarah Millican Television Programme. Sarah talks about food and survival programmes, with Charley Boorman and Olly Smith. (R) (C) 717116

11.50 EastEnders. Omnibus. (C) 771154

1.15am FILM: Someone Else (2006). A photographer's brief fling with a woman costs him his girlfriend – but he becomes determined to win her back. Comedy drama, starring Stephen Mangan. (C) 1768487

2.25 Sign Zone: Tom Daley: Diving for Britain. (R) (C) 8687926

3.20 Sign Zone: Hairy Bikers' Best of British. (R) (C) 8471723

Channel 4

6.10am The Hoobs. (R) (T) 6524845 **6.35 The Hoobs.** (R) (T) 4296390 **7.00 Freshly Squeezed.** (T) 88661 **7.30 According to Jim.** (R) (T) 3967311 **7.55 Will & Grace.** (R) (T) 3845203 **8.20 Everybody Loves Raymond.** (R) (T) 2527999 **8.50 Frasier.** (R) (T) 4409425 **9.20 Come Dine with Me.** (R) (T) 1533970 **9.55 Come Dine with Me.** (R) (T) 7619661 **10.25 Come Dine with Me.** (R) (T) 8521154 **10.55 Come Dine with Me.** (R) (T) 2407574 **11.30 Come Dine with Me.** (R) (T) 6932 **12.00pm Channel 4 News Midday Summary.** (T) 5606932 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 9592086 **1.05 Jamie's 30 Minute Meals.** (R) (T) 73667883 **1.35 Channel 4 Racing.** Coverage of the fourth day of the Glorious Goodwood festival. (T) 89776932 **4.00 Deal or No Deal.** (T) 9883 **5.00 Four in a Bed.** (R) (T) 3357 **5.30 Come Dine with Me.** (R) (T) 15

6.00 The Simpsons. (R) (T) 28

6.30 Hollyoaks. (T) 80

7.00 Channel 4 News. (T) 515932

7.55 4thought.tv. Manchester United supporter Nooruddean Choudry explains why he believes his Muslim faith informs the passion he has for the club, and talks about why he prays for their success. (T) 138357

8.00 Phil Spencer: Secret Agent. The property expert visits Edinburgh and North Ayrshire to find buyers for two homes suffering from the same problem – absent owners. (T) 1609

9.00 The Million Pound Drop. Davina McCall invites Steps, Embarrassing Bodies hosts Dawn Harper and Christian Jessen, and Made in Chelsea's Hugo Taylor and Alexandra 'Binky' Felstead to play the big-money quiz. (T) 43538796

10.35 The Angelos Epithemiou Show. The host swaps stories with explorer Ranulph Fiennes, who reveals why he was forced to cut off his own fingertips following frostbite. (T) 161785

11.10 Friday Night Dinner. Adam receives a lecture about girls. (R) (T) 710203

11.40 Celebrity Bedlam. New series. Lee Kern plays pranks on famous faces. (T) 167357

12.10am Random Acts. (T) 2859891

12.15 FILM: Exit Through the Gift Shop (2010). Documentary following a street-art enthusiast. (T) 692926

1.55 My Name Is Earl. (R) (T) 7363181

2.15 My Name Is Earl. (R) (T) 9910487

2.40 Stonehouse Reunion. (R) (T) 3956100

2.45 The Million Pound Drop. (R) (T) 4596810

4.05 Channel 4 Presents – London 2012: Ellie Simmonds – Part III. (R) (T) 66816810

4.10 Brain Damage. (R) (T) 66813723

4.15 St Elsewhere. (R) (T) 4069810

5.20 Countdown. (R) (T) 7672704

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 65053048 **6.10 The WotWots.** (R) (T) 65077628 **6.20 City of Friends.** (R) (T) 65066512 **6.30 Jelly Jamm.** (R) (T) 26668870 **6.45 Peppa Pig.** (R) (T) 21545116 **6.50 Castle Farm.** (R) (T) 21575357 **6.55 Little Princess.** (R) (T) 21558680 **7.05 Ben and Holly's Little Kingdom.** (R) (T) 4732512 **7.20 The Mr Men Show.** (R) (T) 2259319 **7.35 Thomas & Friends.** (R) (T) 5045999 **7.45 Make Way for Noddy.** (R) (T) 5025135 **8.00 Fifi and the Flowertots.** (R) (T) 9594390 **8.15 Peppa Pig.** (R) (T) 7096203 **8.25 Peppa Pig.** (R) (T) 2227226 **8.30 Roary the Racing Car.** (R) (T) 3094785 **8.40 Bananas in Pyjamas.** (T) 7653222 **8.55 Bert and Ernie's Great Adventures.** (R) (T) 9834609 **9.00 Igam Ogam.** (R) (T) 8075425 **9.15 The Wright Stuff.** 43393574 **11.10 Cowboy Traders.** (R) (T) 3866425 **12.10pm 5 News Lunchtime.** (T) 57371241 **12.15 Big Brother.** (R) (T) 4454135 **1.15 Extraordinary Dogs.** (R) (T) 5076574 **1.45 Neighbours.** (T) 5075845 **2.15 NCIS.** (R) (T) 4474999 **3.15 FILM: Living with the Enemy (2005).** Thriller, starring Sarah Lancaster. (T) 46106086 **5.00 5 News at 5.** (T) 5361512 **5.30 Neighbours.** (R) (T) 7637999

6.00 Monkey Life. (T) 7627512

6.30 5 News at 6.30. (T) 7618864

7.00 Cricket on 5. England v South Africa. Mark Nicholas presents highlights of play from day two of the Second Test at Headingley; (T) 5 News Update. (T) 5042154

8.00 Ice Road Truckers: Deadliest Roads. Lisa Kelly and GW Boles transport 32 llamas across the world's largest salt flat, while Hugh Rowland, Tim Zickuhr and Tino Rodriguez ferry bricks along the 'Death Road'; (T) 5 News at 9. (T) 5028574

9.00 Big Brother: Live Eviction. Brian Dowling introduces the latest highlights and presides over the next elimination from the contest, as the housemates gather to discover who the public have voted out. (T) 5048338

10.00 The Bachelor. Spencer Matthews takes three of the women to Pisa, before whisking one of them away for a romantic dinner. The next day, all the contestants face a gladiator-style challenge. (T) 5041425

11.00 Big Brother: The Eviction Interview. Brian Dowling talks to the latest evictee. (T) 6300241

11.30 Big Brother's Bit on the Side. Emma Willis and her guests discuss the latest eviction. 4509749

12.15am SuperCasino. 13088891

3.55 Motorsport Mundial. 15863452

4.20 House Doctor. (R) (T) 57935075

4.45 Michaela's Wild Challenge. (R) (T) 64390907

5.10 Wildlife SOS. (R) (T) 81244013

5.35 Wildlife SOS. (R) (T) 81600094

SATURDAY August 4

Main Channels

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 51928094

8.45 Olympics 2012. Mishal Husain introduces coverage of the opening event on day eight of the Games, as the women's triathlon takes place in and around Hyde Park from 9.00. (C) 45147549

11.20 Olympics 2012. Matt Baker presents coverage of the concluding four rowing finals, and opening session of the day in the athletics, which includes the first round of the men's 100m. (C) 95939568

1.00pm BBC News; Regional News; Weather. (C) 34340810

1.15 Olympics 2012. Clare Balding introduces further coverage of 'Super Saturday', which includes the women's tennis singles final and the women's trampoline final. The first action comes from Wimbledon at 2.00, as the players aim to succeed Elena Dementieva as champion, along with reports on the final of the men's doubles. The trampoline final is scheduled to start at 3.26, with Britain's former world number one Kat Driscoll hoping to be among the eight qualifiers competing. Plus, updates on the second men's football quarter-final, staged at Wembley Stadium. With commentary on the tennis by Andrew Cotter and Sam Smith, and Mitch Fenner and Christine Still at the trampolining, and Matt Baker, Sue Barker and Jake Humphrey also on presenting duty. (C) 82419742

5.00 BBC News; Regional News; Weather. (C) 4742433

5.15 Olympics 2012. Sue Barker presents the latest from the track cycling at the London Velodrome, where the schedule features the men's Omnium 30km points race, and elimination race at 6.25, and the finals of the women's team pursuit finals from 5.42. The women's pursuit was not part of the previous Olympics, but Britain has an impressive pedigree in the discipline, having won gold at this year's world championships with a team of Danielle King, Laura Trott and Joanna Rowsell. (C) 66300094

6.50 Olympics 2012. *See Pick of the day.* (C) 22483655

10.10 BBC News; Weather. (C) 924013

10.30 The National Lottery Saturday Night Draws. John Partridge presents live from National Lottery HQ as the all-important winning numbers are revealed. Includes the results of the Lotto and Thunderball draws. (C) 309181

10.40 Olympics Tonight. Gabby Logan and guests look back on the eighth day's events at the London Games, and present live coverage of the sports still taking place, featuring men's boxing and basketball. This was a day billed as Super Saturday, when the rowing and swimming reached their conclusions, and Jessica Ennis and Mo Farah were going for gold in the heptathlon and men's 10,000m respectively. Plus, a look ahead to tomorrow, which includes the final of the men's 100m. (C) 1054704

12.00am BBC News. (C) 4723495

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the eighth day's events at London 2012, and looks ahead to tomorrow's potential highlights. Day eight saw 25 gold medals decided in athletics, badminton, cycling, fencing, gymnastics, rowing, shooting, swimming, tennis, triathlon and weightlifting. (C) 3685124

12.55 Weatherview. (C) 5544389

1.00 BBC News. (C) 1782389

Pick of the day

Olympics 2012

BBC1, 6.50pm

Athletics takes centre stage on a potentially glorious night for Team GB. Assuming she made it through the first six events unscathed, Jessica Ennis, pictured, will be hoping to earn the gold medal in the heptathlon. The Sheffield star will be sure to use up every remaining ounce of energy as she battles to earn a memorable overall victory, although defending champion Nataliya Dobrynska is unlikely to give up her title without a fight.

CSI: Miami

Channel 5, 10.10pm

Ryan and Walter investigate a killing at a trailer park, but suffer a major setback when a tornado hits the crime scene, blowing away vital evidence – including the corpse. As the detectives struggle to gather information about the case, they discover links to a pair of storm-chasers, as well as a secret the victim's boyfriend had been trying to hide. Guest starring Jamie Bamber, with David Caruso, Emily Procter and Jonathan Togo.

ITV1

6.00am CITV: Mini CITV. 7188636

7.20 CITV. 6137297

8.25 Saturday Cookbook. With Colin Jackson and Eric Lanlard. (T) 8152758

9.25 ITV News. (T) 1391839

9.30 The Jeremy Kyle Show USA. The host takes his successful talk-show stateside. (T) 5518162

10.25 The Jeremy Kyle Show USA. (T) 9185891

11.20 The Real Housewives of New York City. Ramona urges Kelly to resolve her differences with Bethenny, but when the pair meet at a bar to make amends, they end up arguing again. Alex and Simon try to clear the air with Ramona and Mario over their long-standing feud, and all six housewives attend a magazine party at fashion week. (T) 2324297

12.20pm ITV News and Weather; Weather. (T) 5513278

12.30 All Star Family Fortunes. *Coronation Street* stars Simon Gregson (Steve McDonald) and Sam Aston (Chesney Brown) take part in the game show, teaming up with their relatives to guess the answers to surveys of 100 people in a bid to reach the final round, where they can win up to £30,000 for a charity of their choice. (R) (T) 79278

1.30 FILM: All Creatures Great and Small (1975). A naive vet takes on a challenging apprenticeship in the Yorkshire Dales. Drama based on James Herriot's series of books, starring the late Simon Ward. With Anthony Hopkins. (T) 33396623

3.10 FILM: Moonraker (1979). James Bond's search for a missing space shuttle leads to an industrialist bent on genocide – and a rematch with old foe Jaws. Spy adventure, starring Roger Moore and Lois Chiles. Part of the Bond: 007 at 50 season marking the 50th anniversary of the film series. (T) 90824723

5.30 Anglia News and Weather. (T) 510907

5.45 ITV News and Weather. (T) 882636

6.00 Agatha Christie's Marple. A former policeman helps Miss Marple investigate a series of suspicious deaths in a peaceful village. Murder mystery, starring Julia McKenzie and Benedict Cumberbatch. (R) (T) 4452

8.00 Midsomer Murders. Barnaby and Jones investigate the cloistered world of Midsomer Priory when a nun is found strangled. The detectives uncover a complex mystery involving holy orders, teenage romantic liaisons, African art and missing antique silver as the community is forced to open its doors to 21st-century policing. Former *EastEnders* actor Cliff Parisi (Minty) guest stars alongside Neil Dudgeon and Jason Hughes. (R) (T) 6297

10.00 ITV News and Weather; Weather. (T) 445159

10.20 Mad Mad World. Stacey Solomon, Eamonn Holmes and Stephen K Amos are the guests joining Rufus Hound, Rhys Darby and regular panellist Rob Rouse for the comedy quiz. Presented by Paddy McGuinness. (T) 639461

11.00 Take Me Out. A construction worker, a fitness trainer, an accountant and a personnel recruiter try to impress 30 women, and last week's couples go on their dates. Paddy McGuinness presents. (R) (T) 288704

12.15am The Store; ITV News Headlines. 202786

2.15 In Plain Sight. (R) (T) 5912327

3.00 ITV Nightscreen. 476563

5.30 ITV Morning News. (T) 81211

ITV1 Central

As ITV1 Anglia except: 5.30pm Central News and Weather. (T)

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9022742 **6.15 Timmy Time.** (R) (C) 6636742 **6.25 The Adventures of Abney & Teal.** (R) (C) 6632926 **6.35 Octonauts.** (R) (C) 7116433 **6.45 Rastamouse.** (R) (C) 7136297 **7.00 CBBC: Roar.** (R) (C) 41181 **7.30 Project Parent.** (R) (C) 37988 **8.00 The Scooby-Doo Show.** (R) (C) 9321100 **8.20 Dennis and Gnasher.** (R) (C) 8310029 **8.35 The Slammer.** (R) (C) 1309655 **9.00 Who Let the Dogs Out?** (R) (C) 23346 **9.30 Incredible Edibles.** (R) (C) 51617 **10.00 My Genius Idea.** (R) (C) 29471 **10.30 Splatalot.** (R) (C) Deadly 60 Bites. (R) (C) 25758 **11.00 Copycats.** (R) (C) 1751926 **11.25 OOglies.** (R) (C) 3861181 **11.40 Shaun the Sheep Championsheeps.** (R) (C) 1617636 **11.45 Horrible Histories Sport Special.** (R) (C) 570278 **12.15pm FILM: Fort Apache (1948).** Western, starring Henry Fonda and John Wayne. (C) 76942655 **2.20 FILM: The Fall of the Roman Empire (1964).** Historical drama, starring Alec Guinness. (C) 44888520 **5.15 Antiques Road Trip.** From Darlington to Bedale. (R) (C) 1793297

6.00 Great British Railway Journeys. (R) (C) 365

6.30 Flog It! The team visits Loughborough, Leicestershire. (R) (C) 88704

7.30 Dad's Army. Captain Mainwaring's men acquire a boat, planning to use it for coastal patrols, but they get lost in fog and believe they have crossed the Channel when they finally reach dry land. (R) (C) 29

8.00 BBC Proms 2012. From the Royal Albert Hall, London, conductor Herve Niquet leads Le Concert Spirituel in performances of Handel's *Water Music* and the *Music for the Royal Fireworks*. (C) 8894891

9.20 QI. Stephen Fry presents as *Harry Potter* actor Daniel Radcliffe, chat show host Graham Norton, comedian Lee Mack and regular Alan Davies answer questions on the theme of hocus pocus. (R) (C) 800029

9.50 TOTP2: Summertime Special. Archive summer sounds, featuring songs by the Undertones, Bananarama, Bay City Rollers, Fun Boy Three, the Style Council, Martha and the Muffins, Bryan Adams, Girls Aloud and ELO; (R) (C) National Lottery Update. (C) 648013

10.50 FILM: Little Voice (1998). A shy woman with a talent for impersonating famous performers is exploited by a greedy promoter. Comedy drama, with Jane Horrocks, Michael Caine, Brenda Blethyn and Ewan McGregor. (C) 4047641

12.20am FILM: The Boys and Girl from County Clare (2003). Musical comedy, with Bernard Hill and Colm Meaney. (C) 3499834

1.50 Close

Channel 4

6.05am The Hoobs. (R) (T) 6421704 **6.30 British F3.** (T) 58177 **7.00 The Grid.** (T) 8143617 **7.25 Channel 4 Presents: London 2012 – Hannah Cockroft Part III.** (R) (T) 8037636 **7.30 Road to London 2012: That Paralympic Show.** (R) (T) 55384 **8.00 The Morning Line.** (T) 30487 **9.00 T4: Ibiza Rocks: Kasabian.** (R) (T) 9012636 **9.20 T4: The Dark Knight Rises: T4 Movie Special.** (T) 1437742 **9.55 T4: New Girl.** (R) (T) 7513433 **10.25 T4: Revenge.** (T) 2595988 **11.25 T4: Suburgatory.** (T) 1749181 **11.55 T4: Summer Daze.** (T) 9145181 **12.25pm T4: The Big Bang Theory.** (R) (T) 4450346 **12.55 T4: The Big Bang Theory.** Sheldon and Penny fall out over a game of paintball. (R) (T) 7281075 **1.25 T4: The Simpsons.** Marge gets the lead role in a play. (R) (T) 73559810 **1.55 Channel 4 Racing.** Live coverage from Glorious Goodwood, Newmarket and Thirsk. (T) 88699278 **4.10 Channel 4 Presents: London 2012 – David Smith Part III.** (R) (T) 2017471 **4.15 Come Dine with Me.** Jay Coleman hosts the first party in Newport, Gwent. (R) (T) 723433 **4.45 Come Dine with Me.** Pippa Bartolotti hosts the second dinner party in Newport, Gwent. (R) (T) 722704 **5.15 Come Dine with Me.** Emma Jones hosts the third dinner party in Newport, Gwent. (R) (T) 9168617 **5.50 Come Dine with Me.** Housewife Sarah Kinnear hosts the fourth dinner party in Newport, Gwent. (R) (T) 624549

6.20 Come Dine with Me. Duncan Powell hosts the final dinner party in Newport, Gwent. (R) (T) 554617

6.45 Channel 4 News. (T) 742568

7.15 4thought.tv. An athlete shares his belief that God saved him from a life of alcohol and drugs. (T) 151948

7.20 The Million Pound Drop. *Made in Chelsea*'s Hugo and Binky continue from last night, followed by Frankie Dettori and John McCririck, who get to see the categories and then decide who they want to answer it. (T) 45768758

9.00 FILM: Fracture (2007). Premiere. A man shoots his wife, confesses the crime, and represents himself in court, where he demolishes the prosecution's case. Thriller, with Anthony Hopkins and Ryan Gosling. (T) 12883075

11.15 FILM: Heat (1995). A detective becomes obsessed with capturing a highly intelligent career criminal who is planning one last robbery before his retirement. Thriller, with Al Pacino and Robert De Niro. (T) 24673926

2.15am The Million Pound Drop. (R) (T) 294018

3.45 Channel 4 Presents: London 2012 _ Mandip Sehmi Part III. (R) (T) 47161360

3.50 Happy Endings. (T) 62693230

4.10 St Elsewhere. (R) (T) 7731056

5.00 Deal or No Deal. (R) (T) 4212105

5.55 Sali Mali. (R) (T) 9608679

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 92538810 **6.05 Roary the Racing Car.** (R) (T) 65949891 **6.15 Fifi and the Flowertots.** (R) (T) 65963471 **6.25 City of Friends.** (R) (T) 65950907 **6.40 Harry and His Bucket Full of Dinosaurs.** (R) (T) 97221568 **6.50 Abby's Flying Fairy School.** (R) (T) 21453181 **7.00 Roobarb and Custard Too.** (R) (T) 2160471 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 2166655 **7.20 Milkshake! Monkey.** (R) (T) 9163568 **7.25 Play!** (R) (T) 9146891 **7.35 Noddy in Toyland.** (R) (T) 5923723 **7.50 Bert and Ernie's Great Adventures.** (R) (T) 3227346 **8.00 Little Princess.** (R) (T) 9498162 **8.15 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 9411013 **8.30 Angelina Ballerina.** (R) (T) 7551810 **8.45 Rupert Bear.** (R) (T) 2646778 **8.55 Bananas in Pyjamas.** (R) (T) 7649029 **9.15 The Mr Men Show.** (R) (T) 8175810 **9.25 Roary the Racing Car.** (R) (T) 8162346 **9.40 Jelly Jamm.** (R) (T) 9192384 **10.00 Power Rangers: Super Samurai.** (T) 2887487 **10.35 Batman: The Brave and the Bold.** (T) 1456365 **11.10 Looney Tunes.** (T) 65848075 **11.20 Big Brother: The Eviction.** (R) (T) 3750810 **12.20pm FILM: McBride: Fallen Idol (2006).** Mystery, starring John Larroquette. (T) 7604810 **2.00 Talking to Heaven.** (R) (T) 15137164 **5.15 FILM: Jesse Stone: Death in Paradise (2006).** Premiere. Thriller, starring Tom Selleck. (T) 63685346

6.55 5 News Weekend. (T) 1196433

7.00 Cricket on 5. England v South Africa. Mark Nicholas presents highlights of the third day's play in the Second Test at Headingley, as the penultimate match of the series continued. (T) 5946926

8.00 NCIS. The agents try to recapture a marine who escaped from a psychiatric unit. They are convinced he is suffering from post-traumatic stress disorder, but they uncover a dark secret. (R) (T) 5922346

9.00 Big Brother. Marcus Bentley narrates as the housemates lie in their beds, chat on the sofas and argue in the kitchen – all to give the viewing public something to talk about tomorrow. (T) 58412549

10.10 CSI: Miami. *See Pick of the day.* (T) 3522549

11.10 CSI: Crime Scene Investigation. A man with "human werewolf syndrome" is murdered. (R) (T) 7746723

12.10am SuperCasino. 49902037

4.00 HouseBusters. (R) (T) 57915211

4.25 Divine Designs. (R) (T) 57901018

4.50 Rough Guide to Eco Escapes. (R) (T) 29193056

5.00 Hana's Helpline. (R) (T) 43486211

5.10 The Milkshake! Show. (R) (T) 81211785

5.35 Thomas & Friends. (R) (T) 40487766

5.45 Roary the Racing Car. (R) (T) 19581389

Digital, Satellite, Cable

SATURDAY

Movies

SKY PREMIERE

8.00pm Mr Popper's Penguins. (2011) Family comedy, starring Jim Carrey, Carla Gugino and Angela Lansbury.

9.45 Justice. (2011) Thriller, with Nicolas Cage and January Jones.

SKY ACTION & ADVENTURE

8.00pm Thor. (2011) The Norse god of thunder is banished to present-day Earth, which he must defend from his evil brother. Fantasy, starring Chris Hemsworth and Natalie Portman.

10.00 Captain America: The First Avenger. (2011) Superhero adventure, with Chris Evans and Hugo Weaving.

SKY CLASSICS

9.00pm Love with the Proper Stranger. (1963) A woman pregnant after a one-night stand grows closer to the baby's father while trying to arrange an abortion. Romantic comedy drama, starring Steve McQueen and Natalie Wood.

10.45 Beyond the Valley of the Dolls. (1970) Comedy, directed by Russ Meyer and starring Dolly Read and Cynthia Myers.

Thor, Sky Action & Adventure, 8pm

SKY COMEDY

8.00pm Your Highness. (2011) Two princes – one a dashing hero, the other a selfish oaf – go on a quest to rescue a princess from an evil wizard. Fantasy comedy, with Danny McBride and James Franco.

9.45 Just Go With It. (2011) A man pretends to be going through a divorce and persuades his assistant to pose as his soon-to-be-ex-wife. Romantic comedy, starring Adam Sandler, Jennifer Aniston and Nicole Kidman.

SKY DRAMA & ROMANCE

8.00pm Something Borrowed. (2011) A woman and her friend's fiance realise they love each other, but are uncertain about ruining the wedding. Romantic comedy, with Ginnifer Goodwin and Colin Egglesfield.

10.00 Bridesmaids. (2011) A disorganised woman takes charge of her best friend's bridal party, but finds she has a rival in the wife of the groom's boss. Comedy, with Kristen Wiig, Rose Byrne, Maya Rudolph and Wendi McLendon-Covey.

SKY FAMILY

8.00pm Kung Fu Panda 2. (2011) The martial arts master panda defends his home from an evil peacock he has a mysterious link with. Animated comedy sequel, with the voices of Jack Black and Gary Oldman.

9.40 Casper. (1995) Family comedy, with Christina Ricci and Malachi Pearson.

SKY INDIE

8.00pm Senna. (2010) Documentary about the life of Formula One driver Ayrton Senna, examining his achievements on the track in the 10 years before his death in a 1994 crash.

10.00 Half Nelson. (2006) A crack cocaine-addicted teacher working in an inner-city school forms an unlikely bond with one of his pupils. Drama, starring Ryan Gosling, Shareeka Epps and Anthony Mackie.

SKY MODERN GREATS

8.00pm The Waterboy. (1998) The coach of an American football team spots the talent of their put-upon waterboy and gives him the chance to prove himself on the pitch. Comedy, with Adam Sandler and Kathy Bates.

9.45 Falling Down. (1993) Urban thriller, with Michael Douglas and Robert Duvall.

SKY SCI-FI/HORROR

9.00pm Limitless. (2011) A failed writer acquires a drug that increases his brain power, but his new abilities attract dangerous attention. Sci-fi thriller, with Bradley Cooper and Robert De Niro.

10.45 From Hell. (2001) Jack the Ripper stalks the streets of Victorian London, and the opium-addicted detective on his trail uncovers a conspiracy. Mystery thriller, with Johnny Depp and Heather Graham.

FILM4

11.00am The Valley of Gwangi. (1968) **1.00pm Elf.** (2003) **2.50 Carry On Cabby.** (1963) **4.40 Meet Dave.** (2008) **6.25 The Great Debaters.** (2007) **9.00 PS I Love You.** (2007) Romantic drama, starring Hilary Swank and Gerard Butler. **11.25 30 Days of Night.** (2007) **1.35am Control.** (2007) **4.00 Close.**

TCM

7.35am Gunsmoke. 8.40 The High Chaparral. 9.45 Calamity Jane. (1953) **11.40 My Fair Lady.** (1964) **3.00pm The Wizard of Oz.** (1939) **5.00 Dragonwyck**. (1946) **7.05 A Thunder of Drums.** (1961) **9.00 True Lies.** (1994) Action comedy, starring Arnold Schwarzenegger. **11.45 The Devil's Advocate.** (1997) **2.50am Teleshopping. 5.00 Off Set. 5.45 My Fair Lady.** (1964)

Radio

BBC RADIO 2

(FM: 88-90.2MHZ)
6.00am Anneka Rice. **8.00** Sounds of the 60s. **10.00** Chris Evans. **1.00pm** Pick of the Pops. **3.00** Dermot O'Leary. **6.00** Liza Tarbuck. Music and chat. **8.00** Paul Gambaccini with America's Greatest Hits. Tracks from the past six decades. **10.00** The Radio 2 Arts Show with Penny Smith. From the Edinburgh Festival. **12.00am** Bob Harris Sunday. **3.00** Richard Allinson.

BBC RADIO 3

(FM: 90.2-92.4MHZ)
7.00am Breakfast. **9.00** News; Summer CD Review. **12.15pm** Music at the Court of Catherine the Great; News. **1.00** The Early Music Show. **2.00** BBC Proms 2012. **4.15** BBC Proms Chamber Music. **5.15** Jazz Record Requests. **6.15** Words and Music. **7.30** BBC Proms 2012. Varèse, Nico Muhly, Messiaen, Anna Meredith. **10.15** Proms Plus Late. **10.30** Hear and Now. Music by Marko Nikodijevic, Laurence Crane, Richard Ayres and Scelsi. **12.00am** Geoffrey Smith's Jazz. **1.00** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am News and Papers. **6.07** Open Country. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **9.00** Saturday Live. **10.30** The Hobbit, the Musical. **10.59** (LW) Test Match Special. **11.00** (FM) The Forum. **11.30** (FM) From Our Own Correspondent. **12.00pm** (FM) News. **12.01** (LW) Shipping Forecast. **12.04** (LW) Test Match Special. **12.04** (FM) Fixing Broken Banking. **12.30** (FM) Chain Reaction. **12.57** (FM) Weather. **1.00** (FM) News. **1.10** (FM) Any Questions? **2.00** (FM) Any Answers? **2.30** (FM) Saturday Drama: Spitfire! **3.30** (FM) Making Tracks. **4.00** (FM) Weekend Woman's Hour. **5.00** (FM) Saturday PM. **5.30** (FM) iPM. **5.54** Shipping Forecast. **5.57** (LW) Test Match Special. **5.57** (FM) Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Profile. The personality and motivation of a person making the headlines. **7.15** Saturday Review. Presented by Tom Sutcliffe. **8.00** Archive on 4: How to Archive Yourself. The use of technology to record memories. **9.00** Classic Serial: The Chrysalids. Part one of two. John Wyndham's science-fiction story, dramatised by Jane Rogers. **10.00** News and Weather. **10.15** The Moral Maze. Michael Buerk chairs a debate on ethical issues. Last in the series. **11.00** Quote – Unquote. **11.30** Poetry 2012 – The Power of the Poem. **12.00am** News and Weather. **12.30** We Are Stardust, We Are Golden. **12.48** Shipping Forecast. **1.00** World Service. **5.20** Shipping Forecast. **5.30** News Briefing. **5.43** Bells on Sunday. **5.45** Profile.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Jane Smith. **9.00** Gillham Gold. **12.00pm** Nick Carter. **2.00** Sport. **6.00** Rock 'n' Roll Heaven. **8.00** Colin Berry. **11.00** Paul Barnes. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHZ)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Guinness World Records Smashed!† **7.00** Must Be the Music.† **8.15** Must Be the Music.† **9.00** WWE Superstars.† **10.00** A League of Their Own.† **10.30** A League of Their Own.† **11.00** A League of Their Own.† **11.30** The Dark Knight Rises Premiere Special.† **12.00pm** Futurama. **1.50** Futurama: Welcome to the World of Tomorrow. **2.00** Best of Oops TV.† **3.00** Modern Family.† **3.30** The Middle.† **4.00** Modern Family.† **4.30** The Middle.† **5.00** Futurama.† **5.30** Futurama.† **6.00** The Angel.† **7.00** Terra Nova.† **8.00** Road Wars. **9.00** FILM: The Naked Gun: From the Files of Police Squad!† (1988) Comedy, starring Leslie Nielsen. **10.40** Stella.† **11.40** Road Wars.† **12.40am** Costa Del Street Crime.† **1.40** Brit Cops: Frontline Crime UK. **2.35** The Top Ten Show. **2.45** Night Cops. **3.40** Customs UK.† **4.10** Hello Goodbye.† **5.05** Liza and Huey's Pet Nation.†

GOLD

6.00am Creature Comforts USA. **6.25** 2point4 Children. **6.55** Bread. **7.30** Some Mothers Do 'Ave 'Em. **8.10** Bread. **8.50** Keeping Up Appearances. **9.30** Keeping Up Appearances. **10.10** Keeping Up Appearances. **10.50** Only Fools and Horses. **11.30** Only Fools and Horses. **12.10pm** Only Fools and Horses. **1.20** Keeping Up Appearances. **2.00** Keeping Up Appearances. **2.40** Keeping Up Appearances. **3.20** FILM: Look Who's Talking. (1989) Comedy, starring Kirstie Alley. **5.15** Only Fools and Horses. **5.55** Only Fools and Horses. **6.35** Only Fools and Horses. **7.45** The Vicar of Dibley. **9.00** FILM: Look Who's Talking Too. (1990) Comedy sequel, starring John Travolta and Kirstie Alley. **10.40** Harry Enfield and Chums. **11.20** Early Doors. **12.00am** Early Doors. **12.40** Harry Enfield and His Yule Log Chums. **1.30** Harry Enfield and Chums. **2.00** Early Doors. **2.30** Creature Comforts USA. **3.00** Close.

SKY LIVING

6.00am Passport Patrol. **6.30** Passport Patrol. **7.00** Maury. **8.00** Ghost Whisperer.† **9.00** Grey's Anatomy.† **10.00** Nothing to Declare.† **10.30** Nothing to Declare.† **11.00** The Biggest Loser USA.† **12.00pm** The Biggest Loser USA.† **1.00** RSPCA Animal Rescue.† **1.30** RSPCA Animal Rescue.† **2.00** Steps Reunion.† **3.00** Four Weddings US.† **4.00** Britain & Ireland's Next Top Model.† **5.00** Nothing to Declare.† **5.30** Nothing to Declare.† **6.00** Nothing to Declare.† **6.30** Nothing to Declare.† **7.00** Hot in Cleveland.† **7.30** Hot in Cleveland.† **8.00** Drop Dead Diva.† **9.00** Nikita.† **10.00** Criminal Minds.† **11.00** CSI: Miami.† **12.00am** Criminal Minds.† **1.00** Maury. **1.50** The Biggest Loser USA.† **2.40** The Biggest Loser USA.† **3.30** Nothing to Declare.† **3.55** Nothing to Declare.† **4.20** Passport Patrol.† **4.45** Passport Patrol.† **5.10** Grey's Anatomy.†

NAT GEOGRAPHIC

6.00am Close. **8.00** The Ten Plagues of the Bible.† **9.00** The Ten Plagues of the Bible.† **10.00** Ancient X Files.† **11.00** Ancient X Files.† **12.00pm** Ancient X Files.† **1.00** UFO UK: New Evidence.† **2.00** UFO Invasion.† **3.00** Alien Invasion.† **4.00** Area 51: I Was There.† **5.00** Nevada Triangle: Steve Fossett Mystery.† **6.00** Secrets of Florence.† **7.00** Apocalypse: The Rise of Hitler.† **8.00** Bloody Tales of The Tower.† **9.00** Russia's Toughest Prisons.† **10.00** Banged Up Abroad.† **11.00** India's Toughest Jail.† **12.00am** Jack the Ripper: The German Suspect.† **1.00** Nazi Secrets.† **2.00** Teleshopping. **3.00** Lost Ships of Rome.† **3.45** Nazi Secrets.† **4.30** Apocalypse: The Rise of Hitler.† **5.15** Bloody Tales of The Tower.†

DISCOVERY

6.00am Discovery Atlas.† **7.00** How Do They Do It?† **7.30** How It's Made.† **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** American Chopper: Senior Versus Junior.† **1.00** American Chopper: Senior Versus Junior.† **2.00** American Chopper: Senior Versus Junior.† **3.00** American Chopper: Senior Versus Junior.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made.† **5.30** How It's Made.† **6.00** Auction Hunters.† **6.30** Auction Hunters.† **7.00** Mythbusters.† **8.00** Wheeler Dealers.† **9.00** The Falklands War. **11.00** Sons of Guns.† **12.00am** Deadliest Catch.† **2.00** Mythbusters.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Destroyed in Seconds.

† Indicates a programme is available in High Definition

Freeview

BBC THREE

6.25am Total Wipeout. **7.25** FILM: Camp Rock. (2008) Musical, starring Demi Lovato and Joe Jonas. **9.00** Olympics 2012.† **2.00pm** Olympics 2012.† Badminton, tennis and hockey coverage on day eight in London. **7.00** Olympics 2012.† Including the concluding evening of the swimming. **11.00** Russell Howard's Good News. **11.30** Live at the Electric. **12.00am** Family Guy. **12.20** Family Guy. **12.45** American Dad! **1.05** American Dad! **1.30** FILM: Highlander: The Source. (2007) Fantasy adventure, starring Adrian Paul. **2.50** Sun, Sex and Suspicious Parents. **3.50** Russell Howard's Good News. **4.20** Live at the Electric. **4.50** Great Movie Mistakes. **5.00** Hole in the Wall. **5.30** Hole in the Wall.

BBC FOUR

7.00pm The Blue Planet. **8.00** 10 Things You Didn't Know About Avalanches. **9.00** Wallander: Sidetracked. **10.15** Julia Bradbury's Iceland Walk. **11.15** Top of the Pops: 1977. **11.50** Pavlopetri – The City Beneath the Waves. **12.50am** The Two Thousand Year Old Computer. **1.50** 10 Things You Didn't Know About Avalanches. **2.45** The Blue Planet.

E4

6.00am Switched. **6.25** Heartland. **7.10** Life Unexpected.† **8.05** Gok's Clothes Roadshow.† **9.10** Supernanny US. **10.05** Jo Frost: Extreme Parental Guidance. **11.10** Gok's Clothes Roadshow.† **12.10pm** Supernanny US. **1.05** How I Met Your Mother.† **1.35** How I Met Your Mother.† **2.05** Scrubs. **2.35** Scrubs. **3.00** Desperate Housewives.† **4.00** Revenge.† **5.00** How I Met Your Mother.† **5.30** How I Met Your Mother.† **6.00** The Big Bang Theory.† **6.30** The Big Bang Theory.† **7.00** The Big Bang Theory.† **7.30** Rules of Engagement.† **8.00** Rules of Engagement.† **8.30** Suburgatory.† **9.00** FILM: Hot Rod.† (2007) Comedy, starring Andy Samberg and Ian McShane. **10.45** The Big Bang Theory.† **11.15** The Big Bang Theory.† **11.45** The Midnight Beast.† **12.20am** The Ricky Gervais Show.† **12.55** Rude Tube: Love Bytes.† **1.50** The Cleveland Show.† **2.15** Napoleon Dynamite.† **2.35** My Name Is Earl.† **2.55** Switched. **3.20** Hollyoaks.

MORE4

8.55am Time Team. **10.00** Time Team. **11.05** Time Team. **12.05pm** Time Team. **1.10** FILM: Oliver Twist. (1948) Drama, based on the Charles Dickens novel, starring Alec Guinness and Anthony Newley. **3.30** River Cottage Bites. **3.40** Kirstie's Handmade Britain. **4.40** Location, Location, Location. **5.45** Location, Location, Location. **6.55** Location, Location, Location. **8.00** Supersize vs Superskinny. **9.00** Marilyn, The Last Sessions. **11.05** FILM: Saving Private Ryan. (1998) Steven Spielberg's Oscar-winning Second World War drama, starring Tom Hanks and Matt Damon. **2.20am** Supersize vs Superskinny. **3.30** A Place in the Sun. **4.00** Close.

ITV2

6.00am Coronation Street.† **8.05** Emmerdale.† **11.00** Take Me Out.† **12.10pm** Models, Misfits and Mayhem.† **1.05** Holiday Showdown. **2.10** America's Got Talent.† **4.00** America's Got Talent.† **4.55** FILM: The Flintstones in Viva Rock Vegas.† (2000) Family comedy prequel, starring Mark Addy. **6.45** FILM: Charlie and the Chocolate Factory.† (2005) Children's fantasy, starring Johnny Depp. **9.00** FILM: The Mummy: Tomb of the Dragon Emperor.† (2008) Fantasy adventure sequel, starring Brendan Fraser. **11.10** FILM: Batman & Robin.† (1997) Comic-book adventure, starring George Clooney. **1.40am** The Only Way Is Essex.† **2.20** The Only Way Is Essex.† **3.00** Teleshopping.

ITV3

6.00am Murder, She Wrote.† **6.50** The Agatha Christie Hour. **8.00** Upstairs, Downstairs. **9.10** Upstairs, Downstairs. **10.20** FILM: The Secret of My Success.† (1987) Comedy, starring Michael J Fox, Helen Slater and Fred Gwynne. Including FYI Daily. **12.30pm** Agatha Christie's Poirot.† **1.45** Agatha Christie's Poirot.† **2.50** Agatha Christie's Poirot.† **4.05** Inspector Morse.† **6.25** FILM: The Great St Trinian's Train Robbery. (1966) Comedy, with Frankie Howerd and Dora Bryan. Including FYI Daily. **8.20** FILM: Carry On Camping. (1969) Bawdy comedy, starring Sid James, Bernard Bresslaw, Kenneth Williams, Joan Sims and Barbara Windsor. Including FYI Daily. **10.00** Agatha Christie's Marple.† **12.05am** Agatha Christie's Poirot.† **1.10** Terry and June. **1.40** Terry and June. **2.10** ITV3 Nightscreen.† **2.30** Teleshopping.

Olympics 2012, BBC Three, 7pm

ITV4

6.00am UEFA Champions League Greatest Matches. **6.10** Tommy Cooper. **6.35** The Professionals. **7.30** The Saint. **8.30** The Big Match Revisited. **9.30** The Sweeney. **10.25** Motorsport UK.† **11.25** The Cycle Show.† **12.00pm** Motorway Patrol. **12.25** World's Wildest Police Videos. **1.25** FILM: The Sea Shall Not Have Them. (1955) Drama, starring Dirk Bogarde, Michael Redgrave and Bonar Colleano. **3.20** The Sweeney. **4.25** FILM: The Battle of Midway.† (1976) Fact-based Second World War drama, starring Charlton Heston. **7.00** FILM: 633 Squadron.† (1964) Second World War drama, starring Cliff Robertson. **9.00** FILM: Rocky.† (1976) Oscar-winning boxing drama, starring Sylvester Stallone. **11.25** FILM: Ned Kelly.† (2003) Outlaw adventure, starring Heath Ledger. **1.35am** The Big Match Revisited. **2.30** Sports Mash: Taking the Mic. **2.55** ITV4 Nightscreen.† **3.00** Teleshopping.

5USA

6.00am Teleshopping. **12.00pm** The True Story. **1.00** FILM: Last of the Dogmen. (1995) Western, starring Tom Berenger and Barbara Hershey. **3.20** FILM: Indian Uprising. (1951) Western, starring George Montgomery and Audrey Long. **4.50** FILM: Showdown at Abilene. (1956) Western, starring Jock Mahoney and Martha Hyer. **6.30** FILM: Major Dundee. (1965) Western, starring Charlton Heston and Richard Harris. **9.00** FILM: Blade II. (2002) Action thriller sequel, with Wesley Snipes. **11.25** True Justice. **12.25am** Steven Seagal: Lawman. **1.00** SuperCasino.

5*

6.00am Teleshopping. **1.00pm** 5* Access. **1.10** Big Brother: The Eviction. **2.15** FILM: Beverly Hills Ninja. (1997) Comedy, starring Chris Farley and Nicolette Sheridan. **3.55** FILM: Return to Oz. (1985) Fantasy adventure, with Fairuza Balk and Jean Marsh. **6.00** Eddie Stobart: Trucks and Trailers. **7.05** Eddie Stobart: Trucks and Trailers. **8.05** Eddie Stobart: Trucks and Trailers. **9.05** Eddie Stobart: Trucks and Trailers. **10.10** Big Brother's Bit on the Side. **11.10** Sex and the City. **11.50** 5* Access. **12.00am** Teleshopping.

DAVE

7.00am Gears and Tears. **7.30** Gears and Tears. **8.00** Red Bull X-Fighters 2011.† **9.00** Top Gear. **10.00** Top Gear.† **11.00** Bush Pilots.† **12.00pm** Man v Food.† **12.30** Man v Food.† **1.00** Red Bull X-Fighters 2011.† **2.00** Top Gear.† **3.00** Bush Pilots.† **4.00** Man v Food.† **4.30** Man v Food.† **5.00** Three Men in More Than One Boat. **6.00** Top Gear.† **7.00** Bush Pilots.† **8.00** Man v Food.† **8.30** Man v Food.† **9.00** FILM: Cliffhanger.† (1993) Thriller, starring Sylvester Stallone and John Lithgow. **11.20** Mock the Week. **12.00am** Would I Lie to You? **12.40** Argumental. **1.20** Argumental. **1.55** Mock the Week. **2.25** Speeders.

Sport

SKY SPORTS 1

6.00am Aerobics Oz Style. **6.30** Sporting Greats. **7.00** Test Cricket.† **9.00** Cricket AM.† **10.30** Live Test Cricket.† **7.00pm** Live World Golf Championship.† **11.00** Ladies Irish Open.† **12.00am** Sporting Greats. **12.30** Sporting Greats. **1.00** World Golf Championship.† **5.00** FIFA Futbol Mundial. **5.30** Premier League World.†

SKY SPORTS 2

6.00am Spirit of Yachting.† **6.30** Super League.† **8.30** Live Super Rugby Final.† **10.30** Super League.† **12.30pm** Live Scottish Premier League Football.† **3.00** Max Power.† **4.00** Soccer AM: The Best Bits.† **5.00** Live World Golf Championship.† The Bridgestone Invitational. **7.00** Scottish Premier League Football.† **8.00** Test Cricket.† **10.00** Super Rugby Final.† **12.00am** Scottish Premier League Football.† **1.00** Spirit of Yachting.† **1.30** IAAF Athletix. **2.00** Powerboating.† **2.30** Test Cricket.† **4.30** Scottish Premier League Football.† **5.30** IAAF Athletix.

SKY SPORTS 3

6.00am Sports Unlimited. **7.00** Trans World Sport. **8.00** Tight Lines.† **9.00** World Golf Championship.† **1.00pm** Trans World Sport. **2.00** Premiership Years. **3.55** Live Test Cricket.† West Indies v New Zealand. **11.00** Test Cricket.† **1.00am** Trans World Sport. **2.00** Super Rugby Final.† **4.00** Trans World Sport. **5.00** Sports Unlimited.

EUROSPORT

6.00am Olympics: English Breakfast. **6.30** Olympics: English Breakfast. **7.00** Olympics: English Breakfast. **7.30** Olympic Athletics.† **8.30** Live Olympics.† **10.00** Live Olympic Athletics.† **1.40pm** Olympics: London Eye. **1.45** Live Olympics.† **2.30** Live Olympic Diving.† **4.00** Live Olympic Cycling.† **6.40** Olympics: London Eye. **6.45** Live Olympics.† **7.30** Live Olympic Swimming.† **8.30** Live Olympic Athletics.† The second day of the athletics schedule. **10.00** Olympic Games: Together to London. **10.30** Live Olympic Basketball.† **12.00am** Olympic Weightlifting.† **12.45** Olympic Swimming.† **2.00** Olympic Athletics.† **3.00** Olympic Weightlifting.† **3.45** Olympic Swimming.† **5.00** Olympic Games: Together to London. **5.30** Olympics: English Breakfast.

ESPN

6.00am GRAND-AM Road Racing. **7.00** PTI London Interrupted. **7.30** Live Australian Rules Football. **10.30** Live Australian Rules Football. Collingwood Magpies v St Kilda Saints (Bounce-up 10.40am). **1.30pm** Press Pass 2012. **2.00** Major League Soccer. **3.45** Live German Football. Hamburg SV v Borussia Dortmund (Kick-off 3.45pm). **5.15** ESPN Kicks: Extra. **5.30** Live German Football. Bayern Munich v Werder Bremen (Kick-off 5.35pm). **7.00** Live Football. VfL Wolfsburg v Manchester City (Kick-off TBA). **9.00** Premier League World.† **9.30** ESPN Kicks: MLS. **10.00** Friday Night Fights. **12.00am** PTI London Interrupted. **12.30** MMA Live. **1.00** Live UFC. **3.00** American Le Mans Series. **4.00** GRAND-AM Road Racing. **5.00** FIA Blancpain Endurance Series Review.

TODAY ONLINE
What's On

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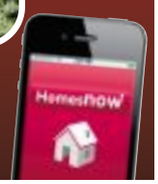

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Little Bradley **£300,000**

A 4 bedroom semi detached period house situated in an idyllic semi rural hamlet with views over open countryside. The property offers 2 reception rooms, a kitchen and utilty room and a 1st floor bathroom. Further benefits include a garden, studio/ office, a gated driveway and a delightful established South facing garden. VIEWING IS ESSENTIAL.

Swaffham Prior **£315,000**

A well presented 4 bedroomed detached house attractively situated in an elevated non estate position in a sought after village. Benefits include a dual aspect sitting room with open fireplace, 2 further reception rooms, 4 double bedrooms and a delightful part walled south east facing garden. VIEWING STRONGLY RECOMMENDED.

Burwell **£210,000**

A character 3 bedroom 3 storey period property attractively situated in a non estate location a short distance from the village centre with an open plan sitting/dining room, a modern fitted kitchen and utility room, a ground floor shower room and first floor bathroom, a dual aspect second floor loft room and an established West facing garden.

Fordham **£360,000**

An individual detached 4 bedroom house delightfully situated in a highly regarded non estate location with a large established South facing garden. Benefits include a superb family/ dining room and separate living room, an ensuite shower room and a modern fitted kitchen. VIEWING ESSENTIAL.

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Cheffins

Newmarket **£157,000**
A superbly presented improved and modernised 2 bedroom property with a modern fitted kitchen, an open plan sitting/ dining room and 2 double bedrooms. VIEWING RECOMMENDED.

Isleham **£249,500**
A superbly presented modern four bedroom detached house situated in an established development of only six properties. NO CHAIN.

Newmarket **£295,000**
An individual 4 bedroom detached bungalow attractively situated at the head of a cul-de-sac overlooking school playing fields with a stunning open plan kitchen/ dining and family area and a master bedroom with ensuite bathroom.

Newmarket **£265,000**
An impressive 3 bedroom Victorian town house conveniently situated close to Rowley Mile Racecourse and the town centre. Features include a contemporary kitchen, gas central heating and double glazing. NO CHAIN.

Newmarket **£139,950**
A beautifully presented 2 double bedroom ground floor apartment standing in a corner plot with a well equipped modern fitted kitchen, 2 double bedrooms and a superb large garden. NO CHAIN.

Newmarket **£285,000**
An individual 3 bedroom detached house with off road parking and an adjoining building plot with planning permission for a 3 bedroom detached house.

Newmarket **£232,500**
An extended 3 bedroom detached bungalow situated in a well regarded residential development with an attractive private garden and good access to local shops and bus routes.

Gazeley **£355,000**
A modern 4 bedroom detached house delightfully situated in an established residential area with stunning views to the rear over open farmland. The property benefits from an open plan recently fitted kitchen/dining room.

Red Lodge **£169,995**
A superbly presented modern 3 bedroom house situated in a popular new development. The accommodation includes an open plan ground floor living area, a well equipped modern fitted kitchen and a ground floor cloakroom.

Newmarket **£250,000**
A beautifully presented extended modern 3 bedroom detached house attractively situated in an elevated well regarded non estate location. The property is tastefully decorated throughout.

Reach **£350,000**
A delightful detached cottage believed to date from circa 1700 attractively situated in a highly regarded location. The property has recently undergone extensive renovation and retains a wealth of character and period detail.

Kennett **£260,000**
An attractive 4 bedroom semi-detached cottage standing in a non estate location close to the centre of the village. The property has the advantage of 3 reception rooms, 4 double bedrooms and a ground floor shower room.

DAVID BURR

LONG MELFORD

Newmarket 21 Miles - Bury St Edmunds 14 miles

A substantial flint barn with far reaching countryside views, situated on the outskirts of the village with extensive/versatile living space. Drawing room, family room, games room, kitchen/dining room, utility room, sitting room, shower room. 3 bedrooms (1 ensuite). cart lodge and workshop/store.

In all about 1 acre.

Guide £650,000

CLARE

Bury St Edmunds 16 miles - Newmarket 16 miles

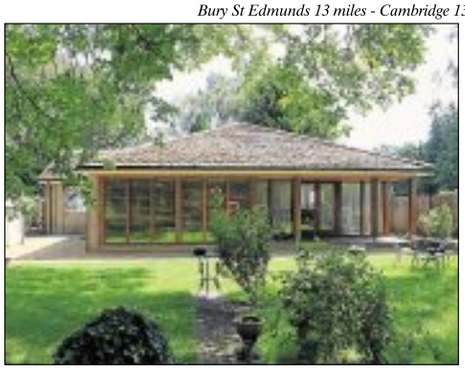
A substantial detached home situated in a unique, tucked away location in the heart of Clare. Drawing room, kitchen/breakfast room, dining room, study, utility room, shower room, 4 bedrooms (1 ensuite), family bathroom, garage and gardens.

In all around 0.44 of an acre

Guide £599,000

NEWMARKET

Bury St Edmunds 13 miles - Cambridge 13 miles



A substantial detached home situated in a rural location approximately 1.5 miles from the wide array of amenities in Newmarket. Sitting room, kitchen/dining/living room, 4 bedrooms, bathroom, garage and gardens.

In all About 0.36 of an acre.

Guide £425,000

WICKHAMBROOK

Newmarket 7 miles - Cambridge 20 miles

A tastefully presented 2000 sq.ft detached home in an idyllic semi-rural location . 2 receptions, kitchen/breakfast room, utility and shower room. 5 bedrooms, 2 bathrooms, landing/study. Single garage and parking.

In all about 0.35 of an acre.

Guide £450,000

NEWMARKET

Bury St Edmunds 13 miles - Cambridge 13 miles

A Victorian terraced cottage set to the North of the town centre and close to local amenities. 2 double bedrooms, sitting room, modern fitted kitchen, bathroom and private enclosed back garden

To Let £650 pcm

HUNDON

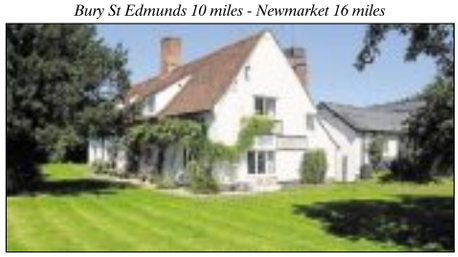
Newmarket 13 miles - Bury St Edmunds 14 miles

A semi detached Victorian cottage situated in a quiet, rural location overlooking open countryside. Sitting room, kitchen/breakfast room, 3 bedrooms, parking and garden

To Let £750 pcm

BOXTED

Bury St Edmunds 10 miles - Newmarket 16 miles



A well positioned family home which maintains a significant degree of character. 3 reception rooms, kitchen, breakfast room. 5 bedooms, bathroom, shower room, car port and annexe accommodation.

To Let £1,500 pcm

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CASTLE HEDINGHAM ◆ CLARE ◆ LEAVENHEATH ◆ LONG MELFORD ◆ NEWMARKET ◆ WOOLPIT ◆ LONDON SW1

DAVID BURR

ASHLEY

Newmarket 4 miles - Bury St Edmunds 13 miles

An attractive 2336 sq ft detached brick and flint barn conversion situated in one of the areas most favoured villages and a short walk to local amenities. Drawing room. sitting room, kitchen/dining room, utility room, 7 bedrooms (4 ensuite), gardens and garage.

In all about 0.32 of an acre.

Guide £685,000

CLARE

Bury St Edmunds 16 miles - Newmarket 16 miles

A substantial Grade II listed Georgian residence situated in one of the areas most desirable locations. 5 reception rooms, kitchen/breakfast room, orangery, utility, cloakroom, 5 bedrooms (1ensuite), 2 bathrooms and 2 shower rooms. Detached 3 bedroom cottage and mature walled gardens.

In all about 0.87 of an acre.

Guide £1,250,000

WICKHAMBROOK

Clare 7 miles - Newmarket 9 miles

A substantial equestrian property situated in an idyllic location on the outskirts of the village and set within mature gardens. Drawing room, dining room, kitchen/breakfast room, utility, study, 4 bedrooms (2 ensuite), bathroom, double garage, gardens and equestrian facilities.

In all about 2.3 acres.

Guide £625,000

NEWMARKET

Ashley Road

A prominent 3000 sq ft home situated in a sought after location on the outskirts of town overlooking paddocks. 2 receptions, kitchen/dining room, utility, garden room and cloakroom. 5 bedrooms (3 en suite) and family bathroom. Office/studio and car ports.

In all about 0.25 of an acre

OIEO £550,000

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Jackson-Stops & Staff

UK PROPERTY AWARDS in association with Bloomberg Google

WINNER BEST REAL ESTATE AGENCY WEBSITE UK www.jackson-stops.co.uk By Jackson-Stops & Staff 2011

STRADISHALL

A charming and well presented detached Grade II Listed cottage in a rural location with superbly maintained grounds extending to approximately 0.5 acres (sts).

Sitting Room, Dining Room, Study, Garden Room, Kitchen/Breakfast Room, Utility Room, Shower/Cloakroom. Landing, Three Bedrooms and Family Bathroom. Driveway and Parking, Two Bay Cart Lodge and Large Garden.

Guide Price £395,000

WIXOE

A charming and superbly presented Grade II Listed village house with a heated outdoor swimming pool, hard tennis court and attractive established gardens extending to approximately 1.35 acres (sts).

Reception Hall, Drawing Room, Dining Room, Study, Breakfast/Sitting Room, Kitchen, Conservatory, Utility Room, Cloakroom, Wine Cellar. Landing, Master Bedroom with Dressing Room and En-Suite Bathroom, Five Further Bedrooms and Two Bath/Shower Rooms. Driveway and Parking, Attractive Landscaped Gardens, Heated Outdoor Swimming Pool, Hard Tennis Court, Converted Stables with Small Kitchen and Shower Room.

Guide Price £995,000

COWLINGE

An exceptional Grade II Listed house in superb order with adjoining barn suitable for conversion and lovely grounds and paddocks extending to about 3.22 acres.

Hall, 3 Reception Rooms, Kitchen/Breakfast Room, Utility Room, Shower/Cloakroom. Master Bedroom with En-Suite Bathroom and Dressing Room/6th Bedroom, 4 Further Bedrooms and 2 Bathrooms. Double Garage, Large Victorian Barn, 2 Stores/Stables, Large General Purpose Building, Gardens and 2 Paddocks.

Guide Price £1,250,000

DALHAM

A charming period cottage set within this highly sought after village with an attractive garden.

Sitting Room, Family Room, Kitchen/Dining Room, Utility/Cloakroom. Landing, Four Bedrooms, Family Bathroom and Shower Room. Driveway and Parking, Large Enclosed Garden.

Guide Price £485,000

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newmarket@jackson-stops.co.uk

www.jackson-stops.co.uk

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NEWMARKET

A superbly newly built three bedroom townhouse with an enclosed garden and off road parking.

Entrance Hall, Sitting Room, Fully Fitted Kitchen, Cloakroom. Landing, Master Bedroom with En-Suite Shower Room, Two Further Bedrooms and Bathroom. Two Allocated Parking Spaces and Enclosed Garden.

Guide Price £264,950

LOWER DEAN

A beautifully presented house set in a large garden on the edge of this popular village.

Hall, Cloakroom, 3 Large Reception Rooms, Well Fitted Kitchen/Breakfast Room, 5 Double Bedrooms, Family Bathroom and 2 En-Suite Shower Rooms. 4 Car Garage, Home Office, Workshop, Garden and Paddock. About 0.98 of an acre. Fast Find 48579

Guide Price £775,000

EXNING

A beautifully presented and large family house with superb landscaped gardens backing onto open parkland.

Hall, 4 Reception Rooms, Kitchen/Breakfast Room, Utility Room, Cloakroom. Landing, Master Bedroom with Dressing Room and En Suite Bathroom, Guest Bedroom with En Suite Shower Room, 3 Further Bedrooms and Bathroom. Driveway, Detached Triple Garage and Large Garden.

Guide Price £749,950

DULLINGHAM

A well presented period style family house with a delightful garden backing onto studland.

Hall, 4 Reception Rooms, Kitchen/Breakfast Room, Utility Room and Cloakroom. Master Bedroom with En-Suite Shower Room, Guest Bedroom with En-Suite Shower Room, 4 Further Bedrooms and 2 Bath/Shower Rooms. Detached Double Garage and Large Garden.

Guide Price £535,000

KENTFORD

A well presented detached period style house with an enclosed rear garden.

Entrance Hall, Sitting Room, Dining Room, Family Room, Kitchen/Breakfast Room, Utility Room, Cloakroom. Landing, Master Bedroom with En-Suite Shower Room, Three Further Bedrooms and Family Bathroom. Driveway and Parking, Detached Single Garage and Enclosed Rear Garden.

Guide Price £285,000

NEWMARKET

A well presented ground floor apartment enjoying views over Warren Hill Training Grounds, situated in this highly regarded development within walking distance of the town centre.

Entrance Hall, Reception Hall, Sitting Room, Dining Room, Kitchen. Master Bedroom with En Suite Shower Room, Bedroom Two, Bathroom. Car Port, Parking and Communal Gardens.

Guide Price £250,000

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BURWELL
01638 742461

Morris Armitage

BURWELL £215,000 NEW

A detached 2 bedroom bungalow situated within a sought after cul-de-sac offering tremendous scope for improvement enjoying a private and generous south facing garden, driveway parking and garage to the front. Offered for sale with no onward chain.

BURWELL £349,995 NEW

An exceptionally large detached four double bedroom family residence, constructed in 2009, standing within a small non-estate cluster of just 3 properties on the fringe of this much loved village. Block paved drive and detached double garage and wall enclosed garden to rear.

BURWELL £225,000

A modern 3 bedroom family townhouse nestling within a quiet cul-de-sac close to shops and with the rarity of a detached garage to side and a south facing and fully enclosed rear garden.

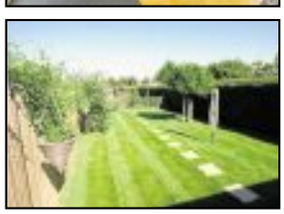
BURWELL £149,995

A refurbished, well presented bungalow set towards the end of a no-through road. Offers lounge, refitted kitchen, two bedrooms and study/dining area. Generous garden and parking.

BURWELL £147,500 NEW

A stylish 2 bedroom home standing towards the front of a modern development within the centre of the village, close to shops and amenities with garden and parking. No chain.

BURWELL £269,000 NEW



A truly special 3 bedroom Edwardian property standing within the centre of the village and enjoying a delightful rear garden extending to 150ft in length. Spacious and greatly improved throughout providing stunning accommodation with a blend of modern and period features.

BURWELL £242,500 NEW

A modern home constructed in 2005 consisting of well proportioned accommodation over three floors to include spacious sitting room through to dining room, kitchen, four bedrooms, en-suite, dressing room, four piece family bathroom, garden, garage and parking to the rear.

NEWMARKET
01638 560221

Morris Armitage

CHEVELEY £170,000 NEW

A recently refurbished family home situated in this picturesque and highly regarded village, offering light and airy rooms throughout, to include, living room, dining room, kitchen, cloakroom, 3 bedrooms and a first floor bathroom. Also enjoying enclosed garden, and garage en-bloc.

GREAT BRADLEY £199,995 NEW

A link detached three bedroom property occupying an enviable position upon the fringes of this charming village. Generous living accommodation consisting of living room, conservatory, refitted kitchen, three bedrooms and family bathroom. Enclosed gardens, linked garage & parking.

NEWMARKET £134,995 NEW

An extended 2 bedroom Victorian home on the popular south side of the town centre. Offering spacious and airy accommodation with a two tier garden. No onward chain.

RED LODGE £134,950 NEW PRICE

A detached 2 bedroom coach house with garage and offered for sale with no onward chain. Located within easy reach of Cambridge, Newmarket, Bury St Edmunds and the A14.

BURWELL £339,995 NEW PRICE

A stunning spacious and detached period clunch cottage with charming character features. Kitchen/breakfast room, sitting room, dining room, office, conservatory, 4 bedrooms.

ASHLEY £179,995 NEW

A charming 2 bedroom detached period cottage, boasting striking character period features including exposed beams and open fireplace, accommodation includes entrance hallway, kitchen/dining room, sitting room, 4 piece bathroom, pretty front cottage garden. No chain.

SOHAM £165,000 NEW PRICE

A stylish semi-detached home set on the edge of this recently constructed development. Accommodation includes cloakroom, living/dining room, kitchen/breakfast room, three bedrooms (ensuite to master) and a family bathroom. Offers a fully enclosed garden, garage and parking.

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Exning £549,000

NEW PRICE

A grade II listed former Corn Mill dating from the late 1700's and set in a picturesque unspoilt position with views overlooking paddocks.

The Mill has a large open plan living/dining/ kitchen, study and cloakroom, impressive sitting room with exposed beams and open fireplace, master bedroom with ensuite, guest bedroom with ensuite, 2 further bedrooms, family bathroom, garage and utility outbuilding, large parking area and gardens.

Newmarket £295,000

NEW

A very well presented 4 bedroom detached house situated in a sought after residential area on the south side of Newmarket.

Benefiting from double glazed windows this modern house offers an entrance hall, 23ft sitting/dining room, fitted kitchen, attractive bathroom with shower, enclosed garden with deck and ample off road parking.

Burwell £255,000

NEW PRICE

A 3 bedroom non-estate detached bungalow located in the heart of the much sought after village of Burwell. This spacious bungalow offers flexible living space having been cleverly extended in recent times.

The property stands detached behind it s own front garden area, laid to lawn with a low lying brick wall perimeter and driveway with car port to one side.

Newmarket £339,950

An attractive and extended 3/4 bedroom 1930's detached bungalow standing within a highly regarded and sought after location south of the town centre.

Prickwillow £349,500

NEW PRICE

Swallows Rest is a 3 bedroom detached bungalow in a quiet setting with additional land which extends to approximately 3 acres & offers excellent scope for Equestrian use.

Newmarket £275,000

This modern 3 bedroom detached family home offers spacious & versatile living accommodation presented to a high standard.

Dullingham £249,950

NEW

A rarely available 3 bedroom detached bungalow of enormous potential, occupying a good size and secluded corner plot.

Burwell £247,500

NEW

A beautifully presented 3 bedroom detached bungalow that has benefited from an extensive programme of refurbishment in recent years.

Red Lodge £269,950

A stylish & cleverly extended 4 bedroom bungalow located within an exclusive development on the outskirts of Red Lodge.

Isleham £212,500

NEW

A well presented 3 bedroom detached family house, located in a popular residential development close to the centre of this well served village.

Newmarket £235,000

Boasting a generous corner plot, a modernised & much improved 3 bedroom semi detached family home, detached single garage with separate access to the rear.

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Newmarket Office: 2 Wellington Street, Newmarket CB8 0HT
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Also at Cambridge and Ely

Burwell £185,000

Tucked away in the corner of a popular residential development on the edge of the much sought after village of Burwell. The property is a well presented modern 3 bedroom house benefitting from a pleasant and private garden together with off road parking and garage.

Isleham £124,950

A charming 2 bedroom, cottage style modern house attractively positioned within a small exclusive development on the edge of this popular well served village.

Newmarket £117,000

A very spacious 2 bedroom 2nd floor apartment with off road allocated parking. This property offers excellent value. An ideal first time buy or investment purchase.

With a rich heritage in selling and managing residential property, Pocock & Shaw is a forward thinking company with traditional values.

If you are thinking of Selling or Letting call NOW for a FREE Market Appraisal!

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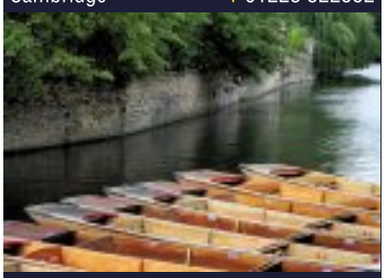


Newmarket £139,950

PUBLIC NOTICE

18 Howard De Walden Way, Newmarket
We are in receipt of an offer of £139,950 subject to contract for this property. Anyone wishing to place a higher offer must do so before legal exchange of contracts.

Newmarket £154,950

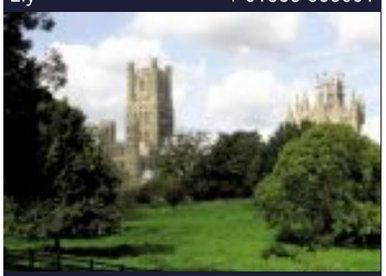
An well presented 3 bedroom semi-detached bungalow situated in an increasingly popular residential area to the north of Newmarket. The property offers deceptively spacious living accommodation as well as benefiting from a good size garden and garage in near by block. CHAIN FREE!!

Newmarket T 01638 668284

Newmarket £179,950

A well presented 4 bedroom end of terrace family home located in a tucked away position within this residential area north of Newmarket.

Ely T 01353 668091



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NEWMARKET Offers in the region of £99,950

A first floor one bedroom apartment located just off the High Street. Entrance hall, Double Bedroom, Modern Bathroom, Kitchenette and Parking.

NEWMARKET £114,995

NEW PRICE

A spacious first floor two bedroom apartment close to the town, currently rented at £590 per month. Ideal Investment purchase. Call Iain Lattimore for more information.

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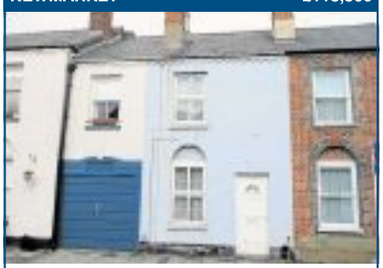
NEWMARKET £118,500



A Victorian terrace house in excellent location for the town centre. Modern fitted Kitchen and Modern fitted white Bathroom. The Sitting Room has a lovely feature fireplace, rear courtyard area. This home will be an excellent First Time Buy or for Investment

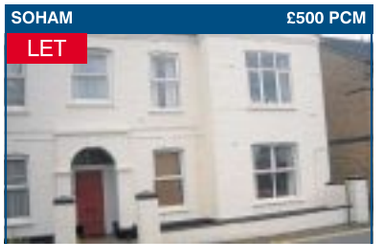
NEWMARKET £139,000

A well presented two bedroom Victorian style home situated on the favoured south side of the town popular for both first time or investment buyers. The property has the benefit of a lounge/diner, modern bathroom and enclosed garden to the rear.

RESIDENTIAL LETTINGS

SOHAM £500 PCM

LET



An attractive Victorian ground floor 2 bedroom flat conversion available for immediate occupation. Gas central heating, Parking and modern Kitchen.

MILL MEWS £675 PCM

A two bedroom nearly new top floor apartment with modern kitchen and fitted appliances. Centrally located with allocated parking. Available end of January.

SOHAM £600 PCM

NEW

Modern two bedroom top floor apartment, close to local amenities in the market town of Soham, Gas radiator heating, allocated parking, available immediately.

SNAILWELL £625 PCM

LET

A two bedroom semi detached bungalow situated on a large corner plot within this traquil village just outside Newmarket. Entrance, Lounge/Diner, Kitchen, Bathroom, Electric Heating and off road parking!!

CAMBRIDGE £895 PCM

Two bedroom semi detached bungalow with living room, kitchen, shower room, gas heating, large garden and off road parking

SOHAM £550 PCM

A one bedroom terraced house with accommodation comprising living room, kitchen, bedroom and bathroom. Property benefits from gas central heating and allocated parking. Available from mid August.

SOHAM £599 PCM

A choice of 4 brand new 2 bedroom Mews properties just off the High Street close to the town and all facilities. Be quick!!!

BURWELL FROM £1,150 PCM

A Choice of 2 brand new 4 bedroom detached houses with fully equipped kitchens and. spacious reception rooms 50% discount on first months rent if sign up before 31st August 2012.

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NEWMARKET £147,500

A spacious three bedrom end of terrace family home situated close to the town and all facilities. Entrance hall, cloakroom, lounge/diner, kitchen, three bedrooms, shower room, enclosed garden. NO UPWARD CHAIN!!!

NEWMARKET £155,000

A stylish three bedroom detached family home which has undergone a complete refurbishment over recent years. Entrance hall, cloakroom, lounge, dining area, kitchen, bathroom, gas radiator heating, garage and garden. Currently rented at £695 per month.

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Plus unrivalled exposure on leading property portals with nearly 33 million** visitors every month...
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globrix.
Estate Agency of the Year Awards 2009 - Best Technology & Web, Gold Award.
*Source: Hitwise Oct 09. **Property portal visitor stats Aug 09.
Get your home in front of more buyers

GROVE GARDENS £152,500

A well presented and extended two bedroom semi detached bungalow situated within an exclusive development within the popular village of Fordham. Hall, Lounge, Dining Area, Kitchen, Two Bedrooms, Bathroom, Enclosed Garden.

NEWMARKET £239,950

Situated in a pleasant cul de sac opposite an open green area,this extended three bedroom semi detached house which has been greatly improved by the current owners. The property offers off street parking,car port and enclosed garden.

A SELECTION OF SOHAM PROPERTIES

SOHAM £114,950

A two bedroom end terrace house which would be an ideal first time purchase or a buy to let investment.

SOHAM £124,500

A two bedroom extended semi detached house with double glazing and gas radiator heating within the market town of Soham.

SOHAM £134,950

A smart modern two bedroom terrace home in a popular location close to the town with lounge/diner, gas radiator heating, enclosed garden and single garage. Ideal investment or first time buyer opportunity.

SOHAM £142,000

An opportunity to purchase a modern two bedroom semi detached bungalow in a popular location close to the town and all facilities. The property benefits from Upvc double glazing and gas radiator heating as well as having off road parking and garden.

SOHAM £164,500

A deceptively spacious older style four bedroom end of terrace family home situated close to the town and all facilities.

SOHAM £164,950

A modern three bedroom semi detached family home on a popular new development on the edge of this Fenland town.

MARTIN CLOSE £179,950

An opportunity to purchase a recently refurbished two bedroom detached bungalow with hallway, lounge, kitchen,bathroom, sun lounge, integral garage, front and rear gardens. No onward chain.

SOHAM £250,000

Extended four bedroom detached house, three reception rooms, tamden double length garage. Chain free, keys available.

WHATLEY LANE

01638 561187 www.whatleylaneestateagents.co.uk

BURY ST EDMUNDSOFFERS IN EXCESS OF £170,000

Dating back to the 17th century, this charming Grade II Listed townhouse occupies arguably one of the best locations in the heart of Bury.
It boasts a wealth of period features including exposed beams and floorboards and externally, benefits from an attractive courtyard garden and a useful outbuilding. A real little gem! NO UPWARD CHAIN.

DETACHED BUNGALOW WITH ANNEX £350,000

Extensively renovated residence located approximately half a mile from Newmarket town centre and its amenities.
Essentially a three bedroom main bungalow, one bedroom fully self-contained annex and garage offering further potential accommodation. It boasts glorious south-west facing gardens, extensive off-road parking and double glazing.

NEWMARKET SUBURBS £325,000

Four bedroom coach house conversion enjoying views over paddocks.
Boasting spacious and versatile accommodation essentially comprising two generously proportioned reception rooms, a fitted kitchen, four double bedrooms (two en-suite and master with dressing area) and family bathroom. Externally it also benefits from a fully enclosed rear garden and carport.

0.75 ACRES (STS) - MUST BE SOLD £395,000

With extensive views and annex in rural Kentford.
Fully double glazed accommodation comprising five reception rooms, three bedrooms and two bathrooms. Detached annex, equestrian facilities including four stables, a hay barn, tack room, three paddocks and attractive rear garden. NO UPWARD CHAIN.

QUIET LOCATION WITH EXTENSIVE GARDENS £285,000

Three bedroom detached bungalow situated on a quiet road in Moulton.
Having been the subject of care and attention by its current owners, this property boasts a modern fitted kitchen and stylishly decorated sitting room. Externally, it offers a beautiful rear garden in excess of ¼ of an acre (sts) and driveway providing ample off-road parking.

FIRST CLASS ACCOMMODATION £375,000

Superb link-detached four bedroom, three storey former coach house.
Having been the subject of first class design and renovation including extremely efficient triple glazing, this residence boasts excellent quality in every facet. It boasts a stunning integrated kitchen/diner, two high specification wet rooms, a carport and enclosed courtyard among other features.

TOWN CENTRE LOCATION £235,000

First class two bedroom second floor apartment, Newmarket.
With the benefit of allocated off-road parking, a lift and communal gardens, this high specification apartment comprises entrance hall, large open plan kitchen/ sitting room, two well-proportioned bedrooms (master en-suite) and bathroom. NO UPWARD CHAIN.

VICTORIAN END TERRACE £179,950

Well-appointed three bed property around 200m from the high street.
Having been the subject of great improvement, this property benefits from an attractive modern kitchen, double glazing and gas central heating whilst retaining a wealth of period features associated with its time. Externally, it also boasts a charming low-maintenance enclosed rear garden. No upward chain.

SCOPE FOR IMPROVEMENT, ASHLEY £299,000

Occupying an enviable location overlooking the village pond.
Originally four one bedroom cottages, this property is in need of a substantial remodelling project. Essentially four reception rooms, bathroom, cloakroom, kitchen, utility, two store rooms and five bedrooms - externally it also benefits from substantial gardens and a number of outbuildings.

Whatley Lane Estate Agents 13 High Street Newmarket Suffolk CB8 8LX. Telephone 01638 561187 Email enquiries@whatleylaneestateagents.co.uk

what's hot on the market

featurehomes

On the market for £324,995 in Newmarket

at a glance

- On the market for £324,995
- Spacious family home
- Four bedrooms
- Garage and garden

AN established family home is available for sale in Crockfords Road, Newmarket. Set within this highly-regarded location, on the outskirts of town, it provides spacious and versatile accommodation. This includes a kitchen/family room, living room, utility room, cloakroom, bathroom and four double bedrooms, plus a bathroom and an en suite to the master. Outside, there is a garage with off-road parking in front, plus an established rear garden. This property is on the market for £324,995. For more information, contact Morris Armitage on (01638) 560221.

Guide price of £485,000 in Dalham

A BEAUTIFUL cottage is for sale in Dalham, near Newmarket.
Flint Cottage is set within a conservation area and offers attractive period accommodation. This includes a living room with feature fireplace, a family room, a spacious, stylish open-plan kitchen/dining room, utility room/cloakroom, four first-floor bedrooms, a bathroom and shower room.
There is plenty of parking in the driveaway, plus a large lawned garden incorporating a terrace, greenhouse and vegetable garden.
This property has a guide price of £485,000. Contact Jackson-Stops and Staff on (01638) 662231 to arrange a viewing.

SMART RESIDENTIAL

INDEPENDENT ESTATE AGENTS • PROPERTY MANAGEMENT • LETTINGS

Newmarket £155,000

A beautifully presented ground floor apartment off Bury Road enjoying not only a premier address also beautiful communal grounds backing onto, and overlooking the gallops

Newmarket £125,000

SUPERB VALUE FOR MONEY - A Victorian terraced property arranged over three storeys, positoned to the south side of the High Street. First floor bathroom, small garden.

Newmarket £130,000

A particularly spacious and well presented ground floor apartment with private entrance and enclosed garden, located within this favoured residential area close to town.

Newmarket £99,995

An improved, modern second floor one bedroom apartment featuring radiator heating system, refitted kitchen and balcony to a south west facing aspect. Garden and parking

Newmarket £157,500

An appealing 1930 s semi detached residence conveniently positioned close to the town centre and featuring spacious accommodation and 75ft mature rear garden

Newmarket

£146,500

A thoroughly improved, particularly spacious end of terrace two bedroom house with useful brick built stores and enclosed rear garden. Including a delightful refitted kitchen, high specification shower room, separate dining room and generously proportioned bedrooms. Viewing essential

Burwell

£250,000

A detached, well presented two storey residence offering hugely deceptive and versatile 4 bedroom accommodation of around 1400 sq.ft delightfully located at the end of a cul de sac within an attractive plot. Including lounge/dining room, large hall, kitchen, two ground floor bedrooms and bathroom

Ashley

£139,995

A remarkable end of terrace village cottage featuring beautifully renovated accommodation to a standard rarely seen, delightfully positioned away from the road in one of the area s finest villages, and benefiting from parking to the front and superb landscaped garden to rear. Viewing essential to appreciate

Newmarket

£175,000

A mature, individual detached single storey residence located close to the town centre in a popular residential locality and featuring mature gardens and potential to extension (both upwards and outwards (STPP)). Enclosed garden to rear with side driveway and garage. Partly adapted for persons with disability.

AVAILABLE TO LET

Stamford St £675pcm

A superb end terrace Victorian terraced house with really spacious accommodation including separate dining room, kitchen into splendid conservatory style extension

Exning Road £700pcm

A splendid three bedroom Victorian house with living room with log burning stove, dining room with fireplace, modern kitchen, bathroom and ensuite shower room to bedroom 2. Garage.

Soham £525pcm

A spacious single storey residence with pleasant rear garden, located within a cul de sac to the edge of the village. Recently refurbished. Walk-in shower, lean-to conservatory

Cheveley Park £675pcm

Charming Cottage with entrance porch, sitting room & open fireplace, dining room partly open plan to new refitted kitchen, master bedroom and second bedroom to 1st floor

Exeter Road £990pcm

A unique, detached two bedroom Coach House featuring stunning, contemporary accommodation blended tastefully with character and style, located in a no through road.

01638 560 007 rightmove.co.uk Zoopla.co.uk **smart-resi.com** Homes now

INDEPENDENT ESTATE AGENTS • PROPERTY MANAGEMENT • LETTINGS

SMART RESIDENTIAL

The Severals £475,000

SOLD STC - SIMILAR HIGH QUALITY HOMES AVAILABLE FOR WAITING BUYERS - A surprisingly substantial three storey residence of around 1850 sq.ft featuring bespoke interior design and stylish luxury delightfully set within this secure gated development including private leisure facilities, and uninterrupted views to The Severals training grounds

With living kitchen/dining room, dining room/home office, first floor living room with balcony enjoying panoramic views, fitted guest bedroom suite with ensuite. 27'2 x 20'6 master bedroom suite (originally designed to form two bedrooms) with luxury bathroom. Superb walled garden to rear, underground parking for two cars.

Swaffham Prior £380,000

OPEN HOUSE Saturday 4th August 1pm - 2.30pm - A superior detached Grade II Listed cottage located within a delightful conservation area in the heart of this highly sought village, featuring sympathetically restored and versatile accommodation with breathtaking 140ft south east facing garden.

Including sitting room, dining room, lounge with vaulted beamed ceiling, garden room, superb kitchen/breakfast room, Cloaks/WC, utility room and store. Three double bedrooms to the first floor and family bathroom. Outbuilding, driveway and parking. A truly wonderful village home

Six Mile Bottom £559,500

A deceptively substantial, extraordinary contemporary style architect designed residence featuring up to the minute conveniences, created and finished to a thoughtful and bespoke specification to suit versatile modern living and featuring many energy efficient qualities. Accommodation of around 3300 sq.ft

With stunning open-plan Kitchen/Family/Living room (22'4 x 22'2) with numerous bi-fold doors to garden, Utility room, Cloakroom. Master bedroom suite with large dressing room and wet-room style ensuite bathroom with roll-top bath. Storage area (essentially the loft) 13'7 x 7'9. Viewing advised

Duchess Drive, Newmarket £350,000

A beautifully presented individual detached single storey residence positioned in one of the towns most prestigious non estate locations, and featuring a magnificent Victorian style conservatory to rear.

Including entrance hall, (former shower room) now WC & utility, lounge, dining room, kitchen/breakfast room. Superb air conditioned conservatory with double glazed pitched roof. Three bedrooms (two of which included fitted wardrobes), family shower room. Integral garage. Enclosed, landscaped gardens with deeply planted beds. Rarely available.

Ombudsman www.oea.co.uk

OFT Approved code

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ELY £485,000

NEW

- Detached individual style property
- One of only 3 properties
- Built to high specification
- Well presented throughout
- 4 bedrooms en-suite to master
- Superb fitted kitchen
- Spacious lounge dining room
- Hard landscaped manageable garden

ELY £235,000

NEW

- Modern detached home
- 3 double bedrooms
- Lounge and dining room
- Well fitted kitchen
- En-suite and family bathroom
- Good size private rear garden with vegetable plot
- Garage and parking

LITTLEPORT £119,950

- Modern terraced home
- Ideal 1st purchase/investment
- 2 bedrooms
- Lounge
- Fitted kitchen
- Bathroom
- Courtyard garden and parking
- No onward chain

SOHAM £289,995

- Detached family home
- Smartly presented
- 4 bedrooms
- En-suite
- Well fitted kitchen
- b'fast room
- Lounge and dining room
- Single garage
- Viewing recommended

ELY £235,000

- Rarely available
- End terraced home
- Walking distance to town
- 3 bedrooms
- Lounge
- Kitchen/dining room
- Conservatory
- Garage and low maintenance garden

HADDENHAM £345,000

- Individual detached home
- Popular location on small select development
- 4 bedrooms
- 2 En-suites
- Fitted kitchen breakfast room
- Lounge and dining room
- Attractive corner plot garden
- Garage, carport and parking

HADDENHAM £242,500

- Period home in popular village
- Formerly the Red Lion public house
- 3 reception rooms all with fireplaces
- 4 bedrooms
- Kitchen breakfast room
- Office/store
- Double garage

SOHAM £89,950

- Leasehold property
- Ground floor apartment
- 1 double bedroom
- Lounge/dining room
- Fitted kitchen
- Bathroom
- Private enclosed garden
- Allocated parking

ELY £247,500

- Modern semi townhouse
- Versatile accommodation
- 2 Groundfloor bedrooms
- 3 further bedrooms
- Dual aspect lounge
- Fitted kitchen/dining room
- Carport and garage
- Well presented throughout

WITCHFORD £525,000

- Established detached property
- Improved and extended
- 4 double bedrooms
- En-suite and dressing area to master suite
- Fitted kitchen b'fast room opening into garden room
- Lounge and dining room
- Annex with shower and bar
- Double garage and parking

LITTLEPORT £65,000

- Leasehold first floor apartment
- 1 bedroom
- Bathroom
- Open plan kitchen/living room
- Electric heating
- Allocated parking
- First time buy or investment
- No onward chain

HADDENHAM £209,950

NEW PRICE

- Detached house
- Non estate location
- 3 bedrooms
- Lounge/diner
- Kitchen and utility
- Established rear garden
- Timber 'home office'
- Garage and parking

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The National Association of Estate Agents NAEA

FARRIER'S GRANGE | A DEVELOPMENT OF 3, 4 & 5 BEDROOM HOMES AT KENTFORD, NEAR NEWMARKET, SUFFOLK

PART EXCHANGE

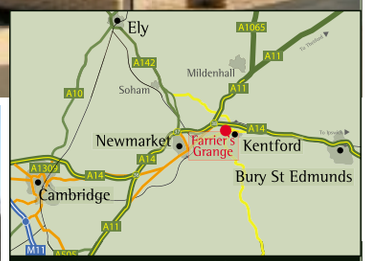
TO OUR HOME OF THE MONTH

PLOT 17, THE NEWMARKET PRICED AT £489,950

This beautiful 5 bedroom executive home is available for you to move into now.

FEATURING:

* Fitted carpets
* Dishwasher
* Fridge/freezer
* Good sized rear garden
* Cul-de-sac location
* 5 bedrooms
* 2 en-suites
* Double garage
* 3 reception rooms
* Kitchen/breakfast room
* Utility
* Fabulous village location



STUNNING LOCATION, JUST 5 MILES FROM NEWMARKET

* Terms and conditions apply.

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Your Homesnow Guide to Moving Home

Moving home can be a complicated business and in the hectic run up to the big day it is all too easy to forget something vital. The Homesnow team offers their readers this handy checklist to help avoid any major pitfalls. We suggest you tick them off as you go....

www.homesnow.co.uk

1 4–2 WEEKS TO GO:

- ❑ **Packing** – start packing and sorting through your belongings. Now is a good time to de-clutter and pack items rarely used. Make sure you have plenty of sturdy boxes, bubble wrap and sticky tape.
- ❑ **Removal companies** – get estimates from removal companies, checking that comprehensive insurance cover is available against damage or loss. Is there a packing and unpacking service? Confirm the date of your move with the firm you have chosen.
- ❑ **Insurance** – check on your home contents insurance policies to ensure that you are covered for the move, and covered at your new address.
- ❑ **Utilities** – make arrangements for your gas and electricity meters (plus water meters where relevant) to be read and all your appliances to be disconnected on the day of your move. Arrange to take over gas and electricity at your new address, and make sure that all appliances will be properly fitted, plumbed or connected.
- ❑ **Telecommunications** – Notify your telephone and broadband provider and ask them to make the necessary arrangements for a final account at your present address, and for taking over or installing telephone and broadband facilities at your new home.
- ❑ **Post** – Look into re-directing your post for a few months to make sure you receive all relevant correspondence.
- ❑ **Children** – Look into the possibility of your children, especially young children, staying with family or friends on the day of the move.
- ❑ **Pets** – Make arrangements for any pets to be booked into a cattery or kennels if required. Having your pets microchipped is a good idea and if already microchipped, have the address changed to your new one. Your vet can advise on this.

2

Change of address – tell companies and organisations that you are moving!

Notify:

- ❑ Employer
- ❑ Inland revenue
- ❑ Local council
- ❑ Banks or Building Societies
- ❑ Credit companies, store cards & other accounts
- ❑ Gas, Electricity and water boards
- ❑ Insurance companies
- ❑ Land / mobile phones
- ❑ Internet and cable / satellite TV providers
- ❑ Doctor, Dentist and Opticians
- ❑ DVLA
- ❑ Veterinary surgery
- ❑ TV Licensing

3 1 WEEK TO GO:

- ❑ **Delivery address** – change delivery address of your Cambridge News, milk, groceries and fuel to your new address as appropriate.
- ❑ **Laundry** – do any last minute laundry that you can – have you arranged for a plumber to disconnect your washing machine correctly?
- ❑ **Kitchen cupboards** – go through your kitchen cupboards and throw out anything not in date. Also check that all jars and bottles are correctly sealed before packing.
- ❑ **Fridges** / **Freezers** – empty and clean out in preparation for moving. If you are moving a freezer and its contents, turn it up to maximum for a couple of days before you move.
- ❑ **Valuables** / **documents** – put these in safe place for moving day

4 2–1 DAYS TO GO:

- ❑ **Packing** – pack a bag for overnight essentials and toiletries and finish all remaining packing into boxes. Remember to label which room each box is destined for.
- ❑ **Snack box** – pack a box for the kitchen to include essentials like tea, coffee and sugar, as well as the kettle and mugs! Also include other snacks as necessary.
- ❑ **Dismantle and disconnect** – take down curtains, fixtures and fittings and disconnect white goods ready for transport.
- ❑ **Outdoor items** – make sure that these are stacked together and ready to be moved.
- ❑ **Mobile** – place your mobile on charge the night before moving and ensure that all relevant people have your number.

5 ON MOVING DAY:

AT YOUR OLD ADDRESS:

- ❑ Strip beds and pack bedding and nightclothes.
- ❑ Finish packing toiletries box.
- ❑ Direct removal firm personnel or friends helping you move as to what needs to be done.
- ❑ Turn off electric appliances.
- ❑ Disconnect cooker.
- ❑ Turn off boiler / central heating.
- ❑ Turn off water.
- ❑ Read gas meter.
- ❑ Read electricity meter.
- ❑ Secure all windows.
- ❑ Lock all doors.
- ❑ Make final checks and leave key as arranged with new owners.

AT YOUR NEW HOME:

- ❑ Open up & have a look around the new house.
- ❑ Locate fuse box, gas and electric meter and stop cock for reference.
- ❑ Take readings on gas, electric and water meters as appropriate.
- ❑ Organise the direction of boxes to appropriate rooms.
- ❑ Check the van after all is unloaded.
- ❑ Make the beds up for the evening.
- ❑ Sit down and relax – unpack the other boxes the next day.

Balmforth team

Estate Agents, Valuers & Letting Agents
4 Rous Road, Newmarket, Suffolk, CB8 8DL
Tel: 01638 582454 Fax: 01638 718900
Email: newmarket@balmforth.co.uk www.balmforth.co.uk

FULBOURN

Exceptional three bedroom family home

A detached three bedroom family home with shower en-suite leading to master bedroom, open plan lounge -kitchen dining room, parking and garage.

£349,995

FRECKENHAM

Stunning brand new three bedroom semi-detached house

Stunning brand three bedroom semi detached house with exceptional specification due for completion autumn 2012. The property benefits from a central village location and a superb specification to include fitted kitchen with integrated appliances.

£218,500

RED LODGE

Exceptional five bedroom town house with garage

This exceptional property benefits from a desirable location, kitchen/breakfast room, two reception rooms, three en-suite shower rooms, two car garage and off road parking wide enough for three vehicles

£280,000

WORLINGTON

Prestigious five bedroom detached house

Prestigious five bedroom detached house set on approx 1/3 acre (STS) in secluded development of five properties.The Aintree extends to over 2800sq ft.

£589,500

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FREE Energy Performance Certificate*

FREE No Obligation Valuation

FREE Premium Listing on Rightmove

FREE Sales Conveyancing**

*free EPC only with team Conveyancing
**free Conveyancing is subject to terms and conditions
for further information please contact the office

INTRODUCTORY LETTINGS OFFER

What Our Lettings Service Can Offer YOU

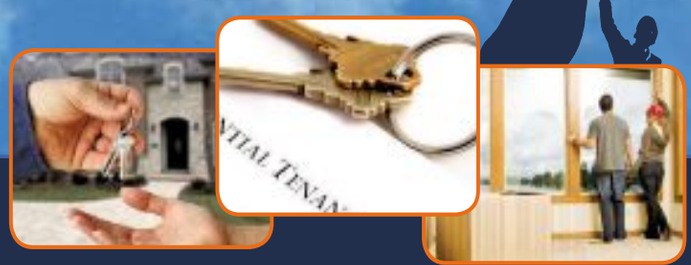
Fully Managed or Tenant Find Only Service

FREE Energy Performance Certificate*

FREE No Obligation Rental Appraisal

FREE Premium Listing on Rightmove

FREE Set up Fee**



*free EPC does not apply if property is withdrawn
**free set up fee only applies to managed properties,
normal set up fees apply to ALL tenant find only properties

TO LET TO LET

NEWMARKET

PROPERTY OF THE WEEK

FREE Application Fees

Three bedroom detached property

This property located in a sought after area, situated within close proximity of the Train Station and Tattersalls.

£925 PCM

NEWMARKET

Modern one bedroom apartment.

Benefitting from spacious lounge/dining area and underground secure parking Available 25th July.

£860 PCM

LET AGREED LET AGREED

NEWMARKET

This four bedroom detached house is located on a quiet cul-de-sac in the town of Newmarket.

The property benefits from good sized living space throughout, separate lounge and dining room, fully enclosed rear garden and single garage with off street parking. The property is within a 20 minute drive of both Mildenhall and Lakenheath USAF air bases.

£1,150 PCM

LET AGREED LET AGREED

HERRINGSWELL

This three bedroom loft style apartment is set in the grounds of a rural period property within the village of Herringswell.

The property benefits from spacious lounge/dining area, 8.4 acres of communal grounds and access via private gated driveway with security access and an entry control system.

£990 PCM

SUNDAY August 5

Main Channels

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 178679

9.00 Olympics 2012. Mishal Husain presents coverage of the opening sports on day nine of the Games, and looks ahead to today's highlights, which will include the final of the men's 100m. (C) 51856563

10.45 BBC News. (C) 9086389

10.50 Olympics 2012. The women's marathon. Clare Balding and Tanni Grey-Thompson present coverage from the streets of London. With commentary by Steve Cram and Brendan Foster. (C) 27738327

1.30pm Olympics 2012. Clare Balding introduces coverage of the first-ever women's Olympic boxing bout, the conclusion of the men's Finn class sailing and the men's singles tennis final. (C) 143698

4.00 Olympics 2012. Sue Barker and Jake Humphrey present further coverage of the men's singles tennis final at Wimbledon, and the latest track cycling races at the London Velodrome. The tennis was scheduled to start at 2.00 and is played over the best of five sets, with the players aiming to succeed Rafael Nadal, who is unable to defend his title due to injury. This afternoon's cycling starts at 4.00 with the last-32 in the women's sprint, followed by the men's sprint quarter-finals from 4.35 and 5.20, and the 5.00 men's Omnium 15km scratch race. Ed Clancy won gold four years ago in the team pursuit, and is Team GB's representative in the Omnium this time around. With cycling commentary and analysis by Hugh Porter, Chris Boardman and Jill Douglas, and Andrew Castle, Tim Henman and John Lloyd at the tennis. (C) 77729582

5.35 BBC News; Regional News; Weather. (C) 153853

6.00 Olympics 2012. The men's Omnium track cycling concludes at the London Velodrome, with the 1km time-trial deciding the destination of the medals from 6.16. The time-trial is the last of six disciplines that make up the Omnium and Britain will be looking to Ed Clancy for success in an event that was not included in the 2008 Games. Presented by Sue Barker and Jake Humphrey, with commentary by Hugh Porter and Chris Boardman, and trackside reports by Jill Douglas. (C) 931650

6.50 Olympics 2012. *See Pick of the day.* (C) 22450327

10.15 BBC News; Regional News; Weather. (C) 554495

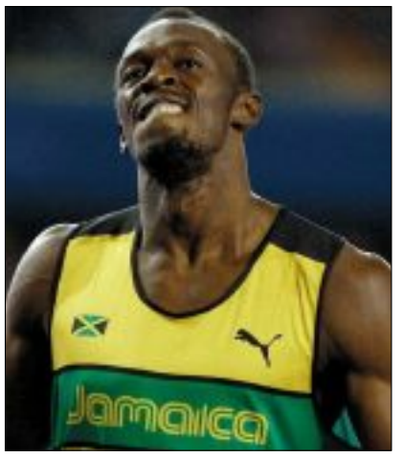
10.40 Olympics Tonight. Gabby Logan and guests look back on the ninth day's events at the London Games, and present live coverage of the sports still taking place, featuring beach volleyball and basketball. The men's 100m was expected to be the highlight of the day and one of the key moments of the Games, with history also being created as women's boxing made its debut at the Olympics, and the tennis reached a conclusion at Wimbledon. Plus, a look ahead to tomorrow, which includes the finals of the men's 400m hurdles and men's track cycling sprint discipline. (C) 1021476

12.00am BBC News. (C) 4790167

12.10 Olympic Sportsday. Olly Foster presents a final round-up of the ninth day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 3652896

12.55 Weatherview. (C) 5504761

1.00 BBC News. (C) 1742761



Pick of the day

Olympics 2012

BBC1, 6.50pm

Gary Lineker presents coverage of this evening's athletics at the Olympic Stadium, where the highlight is the final race of the day, the men's 100m final at 9.50. World record holder Usain Bolt, pictured, looks to retain the title under expected stiff competition from compatriot Yohan Blake, who defeated Bolt in both the 100m and 200m at the Jamaican trials. With analysis by John Inverdale, Colin Jackson and Denise Lewis.

The Zoo

ITV1, 7pm

A trip to the zoo may be a fun, relaxing day out for most people, but that's not always the case for the dedicated workers who toil there day-in, day-out. While looking after some of the cute, furry animals is quite clearly a perk of the job, they also have to deal with illness, death, and making some very difficult choices. In this episode, we meet Andrea Dempsey, who looks after ZSL London Zoo's 26 primate species.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9099414 **6.15 Timmy Time.** (R) (C) 6603414 **6.25 The Adventures of Abney & Teal.** (R) (C) 6609698 **6.35 Octonauts.** (R) (C) 7183105 **6.45 Rastamouse.** (R) (C) 7103969 **7.00 CBBC: Roar.** (R) (C) 28679 **7.30 Paradise Cafe.** (R) (C) 8111619 **7.55 Hacker Time.** (R) (C) 3266768 **8.25 Dennis and Gnasher.** (R) (C) 9789679 **8.35 Wingin' It;** (R) (C) Deadly 60 Bites. (R) (C) 1376327 **9.00 Who Let the Dogs Out?** (R) (C) 28018 **9.30 Junior Bake Off.** (R) (C) 63679 **10.00 Saturday Kitchen Best Bites.** (C) 52360 **11.30 Raymond Blanc: The Very Hungry Frenchman;** (R) (C) Weather for the Week Ahead. (C) 59582 **12.30pm** FILM: **Buchanan Rides Alone (1958).** Western, starring Randolph Scott. (C) 1902056 **1.50 Olympics 2012.** The opening artistic gymnastics apparatus finals. (C) 88317582 **4.30 Great British Railway Journeys.** (R) (C) 105 **5.00 Songs of Praise.** (C) 9145766 **5.35 Olympics 2012.** The women's track cycling sprint races. (C) 151495

6.00 A History of Ancient Britain Special: Orkney's Stone Age Temple. (R) (C) 75414

7.00 Antiques Roadshow. Fiona Bruce and the team visit Tatton Park in Cheshire, where the keepsakes and collectibles up for valuation include one of the rarest known pieces of Royal Worcester porcelain. (R) (C) 2563

8.00 Exploring China: A Culinary Adventure. New series. Ken Hom and Ching He-Huang set out on a culinary trek across the country, beginning in Beijing by visiting restaurants and learning locals' traditional cooking methods. (C) 1211

9.00 The Dark: Nature's Nighttime World. Night-time creatures in a flooded Amazon forest, including a curious sloth, the world's only nocturnal monkey, giant anteaters, vampire bats and a species new to science. (C) 8747

10.00 FILM: **Edge of Darkness (2010).** Premiere. A homicide detective investigates the death of his daughter and stumbles upon a huge political conspiracy. Thriller, starring Mel Gibson, Ray Winstone and Danny Huston. (C) 380476

11.45 FILM: **Judgment Night (1993).** Four suburbanites experience a night of terror when they witness a gangland murder and must escape from the killer. Thriller, with Emilio Estevez and Stephen Dorff. (C) 216747

1.30am Sign Zone: Holby City. (R) (C) 75032

2.30 Sign Zone: Britain's Heritage Heroes. (R) (C) 52148

3.00 Sign Zone: Real Rescues. (R) (C) 5756902

3.45 Close

Channel 4

6.00am The Treacle People. (R) (T) 6615259 **6.10 The Hoobs.** (R) (T) 6495389 **6.35 The Hoobs.** (R) (T) 4167834 **7.00 Intelligent Sport UK Challenge.** (T) 8110389 **7.25 Channel 4 Presents: London 2012 _ Danielle Brown Part III.** (R) (T) 8004308 **7.30 Road to London 2012: Paralympics Extra.** (T) 25582 **8.00 Will & Grace.** (R) (T) 2487327 **8.25 Will & Grace.** (R) (T) 9308259 **8.50 Frasier.** (R) (T) 4370969 **9.20 Frasier.** (R) (T) 2857245 **10.00 Sunday Brunch.** (T) 231327 **12.30pm The Big Bang Theory.** The pals try to start a conversation with a sci-fi star. (R) (T) 52563 **1.00 The Big Bang Theory.** Sheldon takes charge of Penny's hair accessories business. (R) (T) 4427747 **1.35 The Simpsons.** Homer skips church. (R) (T) 57432563 **2.05 The Simpsons.** Lisa enters a beauty pageant. (R) (T) 48448853 **2.35 Jamie Does Venice.** Jamie Oliver explores the gastronomy of the Italian city. (R) (T) 7197785 **3.40 How to Cook Like Heston.** Chef Heston Blumenthal challenges the way chocolate is often cooked. (R) (T) 3514308 **4.15 Deal or No Deal.** Game show, with Noel Edmonds. (T) 759704 **5.15** FILM: **Hairspray (2007).** An overweight teenager dreams of appearing on a TV dance show, while fighting racism in her town. Musical comedy, starring Nikki Blonsky, John Travolta and Michelle Pfeiffer. (T) 65458476

7.25 Channel 4 News. (T) 951143

7.55 4thought.tv. (T) 992785

8.00 Come Dine with Me. Four contestants take part in a week of competitive dining in Surrey, hoping to win the £1,000 cash prize. Well-heeled estate agent James Quantrell hosts the first evening, with a best of British theme, and the group dynamics soon become a talking point. Project manager Sandhya Gadsby is not impressed by James's tales of public-school antics or pensioner Cherry Hughes' old-fashioned values, while Cherry clashes with tattoo artist Lee Jackson. As the nights unfold, the divisions become clear, but is it a class divide or something more surprising? (T) 3679

9.00 Thelma's Gypsy Girls. Four of the trainees work on their first wedding dress, but two of them squander their chance to impress and end up suspended from the course. (T) 6143

10.00 FILM: **Sex and the City (2008).** Journalist Carrie prepares for her wedding, but fiance Big is starting to get cold feet. Comedy, starring Sarah Jessica Parker, Kim Cattrall, Kristin Davis and Cynthia Nixon. (T) 85849899

12.50am FILM: **35 Shots of Rum (2008).** Premiere. Drama, starring Alex Descas and Mati Diop. 433029

2.35 Camelot. (R) (T) 3129970

3.25 Hollyoaks. (R) (T) 88569728

5.30 Deal or No Deal. (R) (T) 8496419

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 92505582 **6.05 Roary the Racing Car.** (R) (T) 65916563 **6.15 Fifi and the Flowertots.** (R) (T) 65930143 **6.25 City of Friends.** (R) (T) 65927679 **6.40 Harry and His Bucket Full of Dinosaurs.** (R) (T) 97281940 **6.50 Castle Farm.** (R) (T) 21439501 **6.55 Abby's Flying Fairy School.** (R) (T) 21429124 **7.05 Roobarb and Custard Too.** (R) (T) 2136414 **7.15 Ben and Holly's Little Kingdom.** (R) (T) 2132698 **7.25 Play!** (R) (T) 9113563 **7.35 Noddy in Toyland.** (R) (T) 5909143 **7.45 Bert and Ernie's Great Adventures.** (R) (T) 3206853 **7.50 Milkshake! Show Challenges.** (R) (T) 1639650 **7.55 Milkshake! Show Songs.** (R) (T) 1638921 **8.00 Little Princess.** (R) (T) 9465834 **8.15 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 9488785 **8.30 Angelina Ballerina.** (R) (T) 7528582 **8.45 Rupert Bear.** (R) (T) 7523037 **9.00 Bananas in Pyjamas.** (R) (T) 8154327 **9.10 The Mr Men Show.** (R) (T) 8134563 **9.25 Roary the Racing Car.** (R) (T) 8139018 **9.40 Jelly Jamm.** (R) (T) 9169056 **10.00 Power Rangers: Super Samurai.** (T) 2781259 **10.35 Batman: The Brave and the Bold.** (T) 1423037 **11.10 Looney Tunes.** (T) 65815747 **11.20 Monkey Life.** (R) (T) 32886872 **11.50 Big Brother.** (R) (T) 32174501 **12.55pm** FILM: **Daleks' Invasion Earth: 2150 AD (1966).** Sci-fi adventure sequel, starring Peter Cushing. (T) 76647698 **2.35** FILM: **Police Academy 6: City Under Siege (1989).** Comedy sequel, starring Bubba Smith. (T) 68695211 **4.20** FILM: **The Karate Kid (1984).** Martial arts drama, starring Ralph Macchio and Pat Morita. (T) 59193766

6.55 5 News Weekend. (T) 1163105

7.00 Cricket on 5. England v South Africa. (T) 5913698

8.00 Once Upon a Time. An incident at the pawn shop leaves Mr Gold convinced he knows August's true identity and he frantically searches for proof of his theory. (T) 5999018

9.00 Big Brother. Marcus Bentley narrates highlights from the past 24 hours in the house, as the residents tackle *Big Brother*'s latest demands – as well as the challenges of living with one another. (T) 5902582

10.00 FILM: **Ultraviolet (2006).** Sci-fi thriller, starring Milla Jovovich, Cameron Bright and Nick Chinlund. (T) 7764650

11.50 FILM: **Alien Hunter (2003).** Premiere. Sci-fi thriller, starring James Spader. (T) 9464360

1.35am SuperCasino. 71246254

4.00 Sons of Anarchy. (T) 6883419

4.45 Rough Guide to Weekend Breaks. (R) (T) 23228983

5.00 Hana's Helpline. (R) (T) 43453983

5.10 The Milkshake! Show. (R) (T) 81288457

5.35 Thomas & Friends. (R) (T) 40454438

5.45 Roary the Racing Car. (R) (T) 19541761

ITV1

6.00am CITV: Mini CITV. Pre-school fun. 7155308

7.20 CITV. Animated fun. 6104969

8.25 Dinner Date. David from Essex picks three blind dates. (T) 8049230

9.25 ITV News. (T) 1351211

9.30 House Gift. (R) (T) 5585834

10.25 There's No Taste Like Home. Gino D'Acampo samples Sardinian fish in Harrogate, North Yorkshire. (R) (T) 2564018

11.25 The Hungry Sailors. (R) (T) 2383940

12.25pm ITV News and Weather; Weather. (T) 5598969

12.30 Dickinson's Real Deal. From Burton upon Trent, Staffordshire. (R) (T) 74940

1.30 Murder, She Wrote. A suspicious death hinders a treasure hunt. (R) (T) 82969

2.30 FILM: **Columbo: It's All in the Game (1993).** A wealthy socialite and her daughter discover they have been seeing the same man, and have him killed. When Columbo investigates the case, the mother is determined to make sure all his attention is on her and not her daughter, and an unlikely romance develops between sleuth and suspect. Detective drama, starring Peter Falk. (T) 88951327

4.25 Doc Martin. Louisa's chances of promotion lie in the medic's hands, an infectious skin disease causes problems at the school and Bert runs the fish and chip shop in Mrs Cronk's absence. (R) (T) 4000476

5.25 Doc Martin. Al discovers that Bert may not be his father and goes in search of the truth. Martin has problems treating an odd family with poor hygiene and a passion for taxidermy. (R) (T) 6081698

6.25 Anglia News and Weather. (T) 374785

6.40 ITV News and Weather. (T) 422056

7.00 The Zoo. *See Pick of the day.* (T) 6389

8.00 A Touch of Frost. David Jason reprises his role as Jack Frost for the last time in this two-part finale to the popular drama series. The detective teams up with RSPCA inspector Christine Moorhead in a raid on an illegal dogfight organised by criminal Gerry Berland. However, when a scuffle results in the murder of a teenage boy, to which Christine is the sole witness, she becomes the target of Berland's cronies, who will go to any lengths to stop her testifying. Meanwhile, a copycat killer emerges with a vendetta against Frost. With Bruce Alexander, John Lyons and guest stars Phyllis Logan (*Lovejoy*), Niamh Cusack (*Heartbeat*), Adrian Dunbar (*Ashes to Ashes*), Leah Bracknell (*Emmerdale*) and Simon Shepherd (Peak Practice). (R) (T) 9853

10.00 ITV News at Ten and Weather; Weather. (T) 721230

10.15 The Briefs. Two-part documentary exploring the world of criminal law, with access to one of Britain's leading legal-aid practices. A man is on trial for blackmailing Coleen Rooney. (R) (T) 6274940

11.20 Premiership Rugby Sevens Series. Action from the Recreation Ground in Bath, as the winners and runners-up from the three groups competed in two more pools, before the top two sides contested the final. 115308

12.15am The Store; ITV News Headlines. 522815

2.15 Golden Balls. (R) (T) 8698032

3.05 Motorsport UK. 2480438

3.55 ITV Nightscreen. 912964

5.30 ITV Morning News. (T) 79693

ITV1 Central

As ITV1 Anglia except: 6.25pm Central News and Weather. (T)

Movies

SKY PREMIERE

8.00pm **Mr Popper's Penguins.** (2011) A businessman's life is thrown into turmoil when he inherits six penguins from his explorer father. Family comedy, starring Jim Carrey.

9.45 **Justice.** (2011) A man is approached by vigilantes after his wife is attacked, but learns there is a high price for their help. Thriller, with Nicolas Cage.

SKY ACTION & ADVENTURE

9.00pm **Fast Five.** (2011) A fugitive assembles a team of criminals for a heist in Rio, but the FBI's top manhunter is on their trail. Action adventure, starring Vin Diesel and Dwayne Johnson.

SKY CLASSICS

8.00pm **Carousel.** (1956) A criminal who dies during a botched robbery returns to life 15 years later to help his family. Rodgers and Hammerstein's fantasy musical, starring Gordon MacRae and Shirley Jones.

10.20 **Bus Stop.** (1956) Comedy drama, starring Marilyn Monroe.

Fast Five, Sky Action & Adventure, 9pm

SKY COMEDY

8.00pm **Bridget Jones: The Edge of Reason.** (2004) The hapless journalist's new romance looks set to be short-lived when she ends up serving time in a Thai prison. Comedy sequel, starring Renee Zellweger, Colin Firth and Hugh Grant.

10.00 **Bad Teacher.** (2011) A cynical, hard-drinking teacher hopes to seduce a wealthy substitute, making an enemy of a squeaky-clean colleague. Comedy, starring Cameron Diaz and Justin Timberlake.

SKY DRAMA & ROMANCE

8.00pm **The Bodyguard.** (1992) A former secret service agent acts as a bodyguard for a famous singer who is being persecuted by an obsessed fan. Romantic thriller, starring Kevin Costner and Whitney Houston.

10.15 **Girl, Interrupted.** (1999) A suicidal would-be writer is committed to an exclusive psychiatric ward by her parents in the 1960s. Drama, starring Winona Ryder and an Oscar-winning Angelina Jolie alongside Clea Duvall and Brittany Murphy.

SKY FAMILY

8.00pm **The Princess and the Frog.** (2009) A waitress and an arrogant prince try to break the spell that has turned them into frogs. Disney animated musical fantasy, with the voices of Anika Noni Rose and Bruno Campos.

9.45 **Step Up 3.** (2010) A student joins a team of street dancers competing in a high-stakes tournament. Dance drama sequel, starring Rick Malambri.

SKY INDIE

7.30pm **The Tree of Life.** (2011) A boy grows to adulthood and comes to question his relationship with his father and his place in the modern world. Terrence Malick's drama, with Brad Pitt.

10.00 **A Separation.** (2011) Drama, with Leila Hatami and Peyman Moadi.

SKY MODERN GREATS

8.00pm **The Blues Brothers.** (1980) Two criminal brothers cause mayhem when they re-form their blues band to raise the funds to save their old orphanage from closure. Comedy, starring John Belushi.

10.15 **Rush Hour.** (1998) An overly zealous Hong Kong detective investigating a kidnapping in Los Angeles is teamed with a loud-mouthed local cop. Comedy, starring Jackie Chan.

SKY SCI-FI/HORROR

8.00pm **The Core.** (2003) A team of scientists embarks on a risky mission to save the world from destruction after the Earth's core stops spinning. Sci-fi thriller, starring Aaron Eckhart and Hilary Swank.

10.15 **Iron Man 2.** (2010) The superhero battles a vengeful new foe, but finds the armour he created to fight evil is slowly killing him. Adventure sequel, with Robert Downey Jr.

FILM4

11.00am **Gentlemen Prefer Blondes.** (1953) **1.00pm** **Bride and Prejudice.** (2004) **3.10 James and the Giant Peach.** (1996) **4.45 Chariots of Fire.** (1981) **7.10 Legend.** (1985) **9.00 The Bank Job.** (2008) Fact-based crime thriller, starring Jason Statham. **11.10 Final Destination 3.** (2006) **12.55am** **Bombon el Perro.** (2004) **2.55 Close.**

TCM

9.05am **Dragonwyck.** (1946) **11.05 The Wizard of Oz.** (1939) **1.00pm** **The Ghost and Mrs Muir.** (1947) **3.00 Thunder Pass.** (1954) **4.35 Rio Bravo.** (1959) **7.20 The Young and the Brave.** (1963) **9.00 Pat Garrett and Billy the Kid.** (1973) Western, starring James Coburn. **11.15 Deadwood.** **12.25am** **Death Rides a Horse.** (1967) **2.50 Teleshopping.** **5.00 The Ghost and Mrs Muir.** (1947)

Radio

BBC RADIO 2

(FM: 88-90.2MHZ)
6.00am Good Morning Sunday. **9.00** Janey Lee Grace's Sunday Love Songs. **11.00** Chris Evans. **1.00pm** Elaine Paige on Sunday. **3.00** Johnnie Walker's Sounds of the 70s. **5.00** Jodie Prenger. **7.00** Marilyn! **8.00** Big Band Special. **8.30** Sunday Half Hour. **9.00** Russell Davies. **10.00** Clare Teal. **11.00** The David Jacobs Collection. **12.00am** Sara Cox. **2.00** Alex Lester. **5.00** Vanessa Feltz.

BBC RADIO 3

(FM: 90.2-92.4MHZ)
7.00am Breakfast; News. **9.00** Sunday Morning with Rob Cowan. **12.00pm** Private Passions; News. **1.00** The Early Music Show. **2.00** Sunday Concert. **4.00** New Generation Artists. **4.30** BBC Proms 2012. **5.45** Proms Plus. **6.30** Choral Evensong. Recorded at Salisbury Cathedral. **7.30** BBC Proms 2012. James MacMillan, Wagner, Bruch, Strauss, Thea Musgrave, Respighi. **10.15** World Routes. **11.15** Jazz Line-Up. **12.30am** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am News Headlines. **6.05** Something Understood. **6.35** Living World. **6.57** Weather. **7.00** News. **7.07** Sunday Papers. **7.10** Sunday. **7.55** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.07** Sunday Papers. **8.10** Sunday Worship. **8.50** A Point of View. **9.00** Broadcasting House. **10.00** (LW) Desert Island Discs. **10.00** (FM) The Archers. **10.45** (LW) Test Match Special. **11.15** (FM) Desert Island Discs. **12.00pm** (FM) News. **12.01** (LW) Shipping Forecast. **12.04** (LW) Test Match Special. **12.04** (FM) I'm Sorry I Haven't a Clue. **12.30** (FM) The Food Programme. **12.57** (FM) Weather. **1.00** (FM) The World This Weekend. **1.30** (FM) Stepping Stones of Islamic Spain. **2.00** (FM) Gardeners' Question Time. **2.45** (FM) Witness. **3.00** (FM) Classic Serial: The Chrysalids. **4.00** (FM) Book Club. **4.30** (FM) My Heart Is in the East. **5.00** (FM) File on 4. **5.40** (FM) Profile. **5.54** Shipping Forecast. **5.57** (LW) Test Match Special. **5.57** (FM) Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** I've Never Seen Star Wars. **7.45** The 8.51 to Brighton. **8.00** More or Less. **8.30** Last Word. **9.00** Face the Facts. **9.26** Radio 4 Appeal. **9.30** In Business. **9.59** Weather. **10.00** The Westminster Hour. **11.00** The Film Programme. **11.30** Something Understood. **12.00am** News and Weather. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** World Service. **5.20** Shipping Forecast. **5.30** News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Suzie Roberts. **9.00** Mark Rumble. **12.00pm** Chris South. **2.00** Walk Right Back. **4.00** Steve Cherelle. **6.00** Naked Scientists. **7.00** Bridget Metcalfe. **9.00** Northern Soul Show. With Ian Gray. **11.00** Keith Skues. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHz)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Hour of Power.† **7.00** Must Be the Music.† **8.15** Must Be the Music.† **9.00** Best of Oops TV. **10.00** WWE Superstars.† **11.00** WWE: Experience.† **12.00pm** Futurama: Welcome to the World of Tomorrow. **12.10** Futurama. **2.00** Best of Oops TV. **3.00** Modern Family.† **3.30** The Middle.† **4.00** Modern Family.† **4.30** The Middle.† **5.00** The Dark Knight Rises Premiere Special.† **5.30** Futurama.† **6.00** The Simpsons.† **6.30** Raising Hope.† **7.00** Sinbad.† **8.00** Terra Nova.† **9.00** The Simpsons.† **9.30** Parents.† **10.00** Strike Back: Project Dawn.† **11.00** Spartacus: Gods of the Arena.† **12.10am** Emergency with Angela Griffin.† **1.05** Big Trouble in Thailand. **2.00** Brit Cops: Frontline Crime UK.† **2.55** 99 Most Bizarre. **3.50** Secret Life of Suburbia. **4.20** Gadget Geeks.† **5.10** Liza and Huey's Pet Nation.†

GOLD

6.05am Bread. **6.35** 2point4 Children. **7.05** Bread. **7.45** Keeping Up Appearances. **8.25** Keeping Up Appearances. **9.05** Keeping Up Appearances. **9.45** The Vicar of Dibley. **11.00** The Vicar of Dibley. **11.45** Only Fools and Horses. **12.25pm** Only Fools and Horses. **1.05** Only Fools and Horses. **2.15** Keeping Up Appearances. **2.55** Keeping Up Appearances. **3.35** Keeping Up Appearances. **4.15** FILM: Look Who's Talking Too. (1990) Comedy sequel, starring John Travolta and Kirstie Alley. **5.50** Only Fools and Horses. **6.30** Only Fools and Horses. **7.05** Only Fools and Horses. **8.15** The Vicar of Dibley. **9.00** FILM: Look Who's Talking Now. (1993) Comedy sequel, starring John Travolta. **11.00** FILM: So I Married an Axe Murderer. (1993) Comedy, starring Mike Myers. **12.55am** FILM: Look Who's Talking Now. (1993) Comedy sequel, starring John Travolta. **2.45** Cr*pston Villas. **3.00** Close.

SKY LIVING

6.00am Passport Patrol. **6.30** Passport Patrol. **7.00** Maury. **8.00** Drop Dead Diva.† **9.00** Ghost Whisperer.† **10.00** The Biggest Loser USA. **11.00** The Biggest Loser USA. **12.00pm** Fat Families.† **1.00** CSI: Miami.† **2.00** Criminal Minds.† **3.00** Nothing to Declare.† **3.30** Nothing to Declare.† **4.00** Passport Patrol. **4.30** Passport Patrol. **5.00** Nothing to Declare.† **5.30** Nothing to Declare.† **6.00** Four Weddings US.† **7.00** Teen Wolf.† Scott and Stiles try to identify the reptilian beast. **8.00** Britain & Ireland's Next Top Model.† The 12 remaining candidates receive makeovers. **9.00** Katie.† **10.00** Supernatural.† **11.00** Grey's Anatomy.† **12.00am** Nikita.† **1.00** Maury. **1.50** The Biggest Loser USA.† **2.40** The Biggest Loser USA.† **3.30** Nothing to Declare.† **3.55** Nothing to Declare.† **4.20** Nothing to Declare.† **4.45** Nothing to Declare.† **5.10** Passport Patrol.† **5.35** Passport Patrol.

NAT GEOGRAPHIC

6.00am Close. **8.00** Hunt for El Chupacabra.† **9.00** Blood Rain and Star Jelly.† **10.00** Ghost Lights Mystery.† **11.00** The Truth Behind.† **12.00pm** The Truth Behind.† **1.00** The Truth Behind.† **2.00** The Truth Behind.† **3.00** Banged Up Abroad.† **4.00** Air Crash Investigation.† **5.00** Thames Treasure Hunters.† **6.00** America's Lost Treasures.† **7.00** Saxon Gold: New Secrets Revealed.† **8.00** Banged Up Abroad.† **9.00** Nazi Secrets.† **10.00** Britain's Underworld.† **11.00** Full Force Nature.† **11.30** Full Force Nature.† **12.00am** Full Force Nature.† **12.30** Full Force Nature.† **1.00** Banged Up Abroad.† **2.00** Teleshopping. **3.00** Air Crash Investigation.† **3.45** The Link.† **4.30** America's Lost Treasures.† **5.15** Thames Treasure Hunters.†

DISCOVERY

6.00am Discovery Atlas: Mexico Revealed.† **7.00** How Do They Do It?† **7.30** How It's Made.† **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** Gold Rush.† **1.00** Gold Rush.† **2.00** Gold Rush.† **3.00** Gold Rush.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made.† **5.30** How It's Made.† **6.00** Auction Kings.† **6.30** Auction Kings.† **7.00** Auction Hunters.† **7.30** Auction Hunters.† **8.00** Mythbusters.† **9.00** Finding Bigfoot.† **10.00** Aliens of the Deep Sea.† **12.00am** Finding Bigfoot.† **1.00** Aliens of the Deep Sea.† **2.00** Mythbusters.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Destroyed in Seconds.

† Indicates a programme is available in High Definition

Freeview

BBC THREE

6.00am Total Wipeout. **7.05** FILM: Bedknobs and Broomsticks. (1971) **9.00** Olympics 2012.† Badminton, cycling and sailing coverage on day nine of the Games. **2.00pm** Olympics 2012.† Tennis, badminton and track cycling coverage. **7.00** Olympics 2012.† Men's hockey and boxing, and women's basketball coverage. **11.00** Family Guy. **11.20** Family Guy. **11.45** American Dad! **12.05am** American Dad! **12.30** Russell Howard's Good News. **1.00** Russell Howard's Good News. **1.30** Sun, Sex and Suspicious Parents. **2.30** White Van Man. **3.00** White Van Man. **3.30** White Van Man. **4.00** White Van Man. **4.25** White Van Man. **5.00** White Van Man. **5.30** Total Wipeout.

BBC FOUR

7.00pm Himalaya with Michael Palin. **8.00** Frank Skinner on George Formby. **9.00** The Road to Coronation Street. **10.20** Timeshift: Epic – A Cast of Thousands! **11.20** Shakespeare from Kabul. **12.05am** Iron Maiden: Behind the Beast. **1.05** Iron Maiden Live: En Vivo. **2.05** The Santana Story: Angels and Demons. **3.20** The Road to Coronation Street. **4.35** Close.

E4

6.00am Switched. **6.20** Jo Frost: Extreme Parental Guidance. **7.20** T4: Scrubs. **7.50** T4: Scrubs. **8.20** T4: Summer Daze.† **8.55** T4: Hollyoaks. **11.25** T4: T4: Watch. **11.40** T4: Smallville.† **12.40pm** T4: Rules of Engagement.† **1.10** T4: Rules of Engagement.† **1.40** T4: T4: Listen.† **1.55** T4: How I Met Your Mother.† **2.20** Ugly Betty.† **3.15** Glee.† **4.10** New Girl.† **4.40** Suburgatory.† **5.05** Revenge.† **6.00** The Big Bang Theory.† **6.30** The Big Bang Theory.† **7.00** The Big Bang Theory.† **7.30** The Big Bang Theory.† **8.00** FILM: X-Men.† (2000) Sci-fi comic-book adventure, starring Hugh Jackman and Patrick Stewart. **10.00** Rude Tube: Love Bytes.† **11.05** 2 Broke Girls.† **11.35** New Girl.† **12.05am** The Inbetweeners. **12.30** Desperate Housewives.† **1.30** The Event.† **2.10** The Secret Life of Us. **2.55** Dirty Sexy Money.† **3.35** Accidentally on Purpose.† **4.00** Accidentally on Purpose.† **4.20** Switched. **4.40** Switched. **5.00** Switched.

MORE4

8.55am Baking Mad with Eric Lanlard. **9.30** Channel 4 Presents: London 2012 – Hannah Cockroft Part III. **9.35** River Cottage Bites. **9.45** Jamie's 30 Minute Meals. **10.15** Jamie's 30 Minute Meals. **10.50** Jamie's 30 Minute Meals. **11.20** Jamie's 30 Minute Meals. **11.50** Jamie's 30 Minute Meals. **12.25pm** Time Team. **1.25** Time Team. **2.30** Four in a Bed. **3.05** Four in a Bed. **3.35** Four in a Bed. **4.10** Four in a Bed. **4.40** Four in a Bed. **5.10** Come Dine with Me. **5.45** Come Dine with Me. **6.15** Come Dine with Me. **6.50** Come Dine with Me. **7.25** Come Dine with Me. **7.55** River Cottage Every Day. **9.00** One Born Every Minute. **10.00** Father Ted. **10.35** Father Ted. **11.10** Embarrassing Bodies. **12.15am** River Cottage Every Day. **1.20** One Born Every Minute. **2.25** Embarrassing Bodies. **3.25** Close.

ITV2

6.00am Matthew Morrison: The Hot Desk.† **6.10** The Planet's Funniest Animals. **6.35** The Biggest Loser.† **7.30** Emmerdale.† **10.15** Coronation Street.† **12.40pm** Winners & Losers. **1.40** The Only Way Is Essex.† **2.25** The Only Way Is Essex.† **3.10** FILM: Charlie and the Chocolate Factory.† (2005) **5.25** FILM: The Flintstones.† (1994) **7.15** FILM: Mr Bean's Holiday.† (2007) Comedy, starring Rowan Atkinson and Willem Dafoe. Including FYI Daily. **9.00** Benidorm.† **10.00** The Only Way Is Essex.† **10.45** Lemon La Vida Loca.† **11.30** FILM: American Pie Presents Band Camp.† (2005) **1.25am** The Only Way Is Essex.† **2.05** The Planet's Funniest Animals. **2.30** Teleshopping. **5.30** ITV2 Nightscreen.†

ITV3

6.00am Drama Trails. **6.10** Carry On Laughing. **6.35** Murder, She Wrote.† **7.30** Murder, She Wrote.† **8.35** Heartbeat. **9.35** Heartbeat. **10.40** Rosemary & Thyme. **11.45** Rosemary & Thyme. **12.45pm** Sherlock Holmes: The Eligible Bachelor.† **3.00** Dickinson's Real Deal. **4.05** Dickinson's Real Deal. **5.10** FILM: The Great St Trinian's Train Robbery. (1966) **7.05** FILM: Arthur.† (1981) **9.00** FILM: Psycho.† (1960) Hitchcock thriller, with Anthony Perkins and Janet Leigh. Including FYI Daily. **11.15** Trial & Retribution. **1.25am** Blue Murder. **2.40** Carry On Laughing. **3.05** Film File.† **3.10** ITV3 Nightscreen.† **3.40** Emmerdale.†

Olympics 2012, BBC Three, 7pm

ITV4

6.00am Film File.† **6.10** Tommy Cooper. **6.35** The Saint. **7.35** Minder. **8.35** The Big Match Revisited. **9.35** The Cycle Show.† **10.00** World's Wildest Police Videos. **10.55** Motorway Patrol. **11.25** The Saint. **12.25pm** FILM: Robbery Under Arms. (1957) Finch, Ronald Lewis and David McCallum. Including FYI Daily. **2.30** FILM: The Gunfight at Dodge City.† (1959) Western, starring Joel McCrea and Julie Adams. Including FYI Daily. **4.15** FILM: Spartacus.† (1960) A gladiator leads an army of escaped slaves in a rebellion against the Roman state. Stanley Kubrick's Oscar-winning epic, starring Kirk Douglas, Laurence Olivier and Tony Curtis. Including FYI Daily. **8.00** Premiership Rugby Sevens Series. **9.00** FILM: The Enforcer.† (1976) Maverick cop "Dirty" Harry Callahan is unwillingly partnered with a female partner as he takes on a terrorist group. Crime thriller sequel, starring Clint Eastwood and Tyne Daly. Including FYI Daily. **11.00** FILM: Bride of Chucky.† (1998) Tongue-in-cheek horror sequel, starring Jennifer Tilly and Katherine Heigl. Including FYI Daily. **12.50am** Vinnie Jones' Toughest Cops. **1.50** Minder. **2.40** Film File.† **2.50** ITV4 Nightscreen.† **3.00** Teleshopping.

5USA

6.00am Teleshopping. **12.00pm** Whose Line Is It Anyway? **12.30** FILM: Major Dundee. (1965) Western, with Charlton Heston and Richard Harris. **3.00** Law & Order. **4.00** NCIS. **5.00** NCIS. **6.00** CSI: Miami. Shots are fired at a rap concert. **7.00** CSI: Crime Scene Investigation. A flash flood uncovers two mysteries. **8.00** CSI: Crime Scene Investigation. A family of four disappears. **9.00** CSI: NY. A former drug addict is murdered. **10.00** CSI: Miami. **11.00** CSI: Crime Scene Investigation. **12.00am** CSI: Crime Scene Investigation. **1.00** Close.

5*

6.00am Teleshopping. **1.00pm** Big Brother. **2.15** Once Upon a Time. **3.10** Once Upon a Time. **4.05** Once Upon a Time. **5.00** Once Upon a Time. **6.00** Cowboy Builders. **7.00** Once Upon a Time. **8.00** The Mentalist. **9.00** The Mentalist. **10.00** Big Brother's Bit on the Side. **11.00** The Bachelor. **12.00am** Teleshopping.

DAVE

7.05am Dangerous Jobs for Girls. **7.50** Top Gear.† **8.50** The Gadget Show. **9.20** Hole in the Wall. **10.00** Hole in the Wall. **10.40** Shooting Stars.† **11.20** Shooting Stars.† **12.00pm** Man v Food.† **12.30** Man v Food.† **1.00** Top Gear.† **2.00** Red Dwarf. **2.40** QI. **3.20** Dara O Briain: School of Hard Sums.† **4.00** Man v Food.† **4.30** Man v Food.† **5.00** Top Gear.† **6.00** Red Dwarf. **6.40** QI. **7.20** Dara O Briain: School of Hard Sums.† **8.00** Man v Food.† **8.30** Man v Food.† **9.00** QI XL.† **10.00** QI XL.† **11.00** QI XL.† **12.00am** QI XL.† **1.00** QI XL.† **1.50** QI XL.† **3.00** Close.

Sport

SKY SPORTS 1

6.00am Aerobics Oz Style. **6.30** Sporting Greats. **7.00** Test Cricket.† **9.00** Cricket Writers on TV.† **10.30** Live Test Cricket.† **7.00pm** Live World Golf Championship.† **11.00** Ladies Irish Open.† **12.00am** Sporting Greats. **12.30** Sporting Greats. **1.00** World Golf Championship.† **5.00** Sporting Greats. **5.30** Sporting Greats.

SKY SPORTS 2

6.00am Scottish Premier League Football.† **7.00** World Golf Championship.† **11.00** Scottish Premier League Football.† **12.00pm** World Golf Championship.† **4.00** Polo. **5.00** Live World Golf Championship.† The Bridgestone Invitational. **7.00** America's Cup Uncovered.† **7.30** Sporting Greats. **8.00** Test Cricket.† **10.00** Super League Full Time.† **11.00** America's Cup Uncovered.† **11.30** Max Power.† **12.30am** Super League Full Time.† **1.30** WWE: Late Night – Afterburn.† **2.30** America's Cup Uncovered.† **3.00** Close.

SKY SPORTS 3

6.00am Racemax. **7.00** Max Power.† **8.00** Soccer AM: The Best Bits.† **9.00** Premiership Years. **11.00** Football's Greatest. **11.30** America's Cup Uncovered.† **12.00pm** WWE: Experience.† **1.00** WWE Vintage Collection. **2.00** Premiership Years. **3.55** Live Test Cricket.† **11.00** Test Cricket.† **1.00am** Polo. **2.00** Close.

EUROSPORT

6.00am Olympics: English Breakfast. **7.00** Olympics: English Breakfast. **7.30** Olympic Athletics.† **8.30** Live Olympics.† **10.00** Live Olympic Cycling.† **11.30** Live Olympic Athletics.† **1.30pm** Live Olympics.† **2.00** Live Olympic Artistic Gymnastics.† **4.15** Live Olympic Weightlifting.† **5.15** Live Olympic Cycling.† **6.55** Olympics: London Eye. **7.00** Live Olympic Athletics.† **10.00** Olympic Games: Together to London. **10.30** Live Olympic Volleyball.† **11.30** Olympic Diving.† **12.00am** Olympic Tennis.† **1.00** Olympic Athletics.† **2.00** Olympic Diving.† **2.30** Olympic Weightlifting.† **3.30** Olympic Artistic Gymnastics.† **4.30** Olympic Diving.† **5.00** Olympic Games: Together to London. **5.30** Olympics: English Breakfast.

ESPN

6.00am FIM Endurance World Championship. **7.00** PTI London Interrupted. **7.30** Live Australian Rules Football. **10.30** Premiership Rugby Sevens Series. **12.30pm** ESPN Kicks: Brasileirao. **12.45** Premier League World. **1.15** German Football. **2.30** German Football. **3.45** Live German Football. **5.15** ESPN Kicks: Extra. **5.30** Live German Football. Coverage of the final in the LIGA Total! Cup 2012 (Kick-off 5.35pm). **7.00** Football. **8.45** ESPN Kicks: Brasileirao. **9.00** ESPN Kicks: MLS. **9.30** Live Football. **11.30** ESPN Kicks: Brasileirao. **11.45** ESPN Kicks: Extra. **12.00am** PTI London Interrupted. **12.30** Press Pass 2012. **1.30** German Football. **2.45** ESPN Kicks: Extra. **3.00** Live Major League Soccer. **5.00** GRAND-AM Road Racing.

MONDAY August 6

Main Channels

BBC1

6.00am Olympic Breakfast. (C) 619728
9.00 Olympics 2012. Mishal Husain and Rishi Persad present the opening coverage on day 10 of the Games, featuring the first canoe sprint events at Eton Dorney and the athletics at the Olympic Stadium. (C) 745322
11.30 Olympics 2012. Hazel Irvine presents the latest coverage from the Olympic Stadium, where the races in the opening round of the women's 1500m take place from **11.45**. Great Britain have three representatives in the field, in Hannah England, Laura Weightman and Lisa Dobriskey, with England the most fancied of the three after winning the silver medal at last year's world championships in Daegu. With analysis by Jonathan Edwards, Michael Johnson, Colin Jackson and Denise Lewis. Olympics coverage continues on BBC2. (C) 95438
1.00pm BBC News; Weather. (C) 35790
1.30 Regional News; Weather. (C) 91374029
1.45 Olympics 2012. Hazel Irvine presents further coverage from day 10, featuring the men's Laser medal race in the sailing regatta, the women's artistic gymnastic uneven bars final and women's boxing. (C) 88644728
4.00 Olympics 2012. Jake Humphrey introduces the latest track cycling races at the London Velodrome, featuring the men's and women's sprints, and the women's Omnium. Laura Trott is Britain's entrant in the Omnium, while Victoria Pendleton will be looking to progress in the sprint, in an event in which Team GB have excelled in recent years. The full schedule features the men's sprint semi-finals at **4.00**, **4.35** and **5.00**, and the opening final at **5.40**, the women's Omnium flying lap 250m time-trial at **4.10** and 20km points race at **5.05**, and the women's sprint quarter-finals at **4.45** and **5.50**. With commentary by Hugh Porter and Chris Boardman, reports by Jill Douglas and analysis by Jamie Staff. (C) 7344
6.00 BBC News; Weather. (C) 761
6.30 Look East; Weather. (C) 341
7.00 Olympics 2012. Gary Lineker introduces coverage of this evening's athletics at the Olympic Stadium, where the finals of the men's 400m hurdles and 400m are among the highlights. Hopes of British success are high in the 400m hurdles, with world champion Dai Greene a major contender for gold, having also triumphed at the last Commonwealth Games. There will be focus on the field events this evening as well as on the track, especially in the women's pole vault final, for which rising star Holly Bleasdale will expect to have qualified, having developed into a world-class athlete in the past year, which has seen her become the British record holder and win a bronze medal at the World Indoor Championships. The full schedule features the women's pole vault final from **7.00**, women's shot put final from **7.15**, women's 200m round one from **7.20**, women's 400m hurdles semi-finals from **8.15**, men's 400m hurdles final at **8.45**, women's 3,000m steeplechase final at **9.05** and men's 400m final at **9.30**. (C) 172612
10.00 BBC News. (C) 39341
10.30 Regional News; Weather. 792273
10.40 Olympics Tonight. *See Pick of the day.* (C) 1098148
12.00am BBC News. (C) 4694939
12.10 Olympic Sportsday. Dan Walker presents a final round-up of the 10th day's events. (C) 3556668
12.55 Weatherview. (C) 5408533
1.00 BBC News. (C) 1646533

Pick of the day

Olympics Tonight
BBC1,10.40pm
Gabby Logan, pictured, looks back on day 10 at the London Games, and present live coverage of the sports still taking place. These include the men's basketball group match between Argentina and the USA, and the men's super heavyweight boxing quarter-finals. Further medals were decided today in sailing, artistic gymnastics and equestrian, along with the men's 400m hurdles and 400m on the track at the Olympic Stadium.

Undercover Boss
C4, 9pm
Gunnar Blomdahl, CEO of ferry operator Stena Line, boards some of his own fleet to find out if the business is meeting travellers' needs. Gunnar is concerned that standards have slipped, and what he discovers shocks him – sub-standard customer service, flawed design on a new superferry, and foreign crew earning less than the UK minimum wage. The experience leaves him determined to make changes on his return to head office.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9066186 **6.15 Chuggington: Badge Quest.** (R) (C) 3440167 **6.20 Timmy Time.** (R) (C) 6677099 **6.30 The Adventures of Abney & Teal.** (R) (C) 7151506 **6.40 Octonauts.** (R) (C) 7140490 **6.50 Rastamouse.** (R) (C) 7160254 **7.05 CBBC: Deadly 60.** (R) (C) 8184964 **7.30 Horrible Histories.** (R) (C) 28896 **8.00 The Scooby-Doo Show.** (R) (C) 2452631 **8.25 CBeebies: Tree Fu Tom.** (R) (C) 8264896 **8.45 Justin's House.** (R) (C) 529148 **9.15 Heir Hunters.** (R) (C) 8319588 **10.00 Homes Under the Hammer.** (R) (C) 17780 **11.00 Cowboy Trap.** (R) (C) 6074083 **11.45 Cash in the Attic.** (R) (C) 538896 **12.15pm Bargain Hunt.** (R) (C) 9498761 **1.00 Olympics 2012.** Coverage from across the Games on day 10. (C) 2003885 **1.45 Escape to the Country.** (R) (C) 809896 **2.15 Flog It!** (R) (C) 9634326 **3.00 CBBC: 3.00 Ultimate Sports Day.** (R) (C) Diddy Dick & Dom. (R) (C) 7490 **3.30 Copycats.** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 419 **4.00 The Sarah Jane Adventures.** (R) (C) 254 **4.30 Project Parent.** (R) (C) 438 **5.00 Newsround.** (C) 4097051 **5.05 Shaun the Sheep.** (R) (C) 5308051 **5.15 Antiques Road Trip.** (R) (C) 1720341
6.00 Olympics 2012. Jake Humphrey is joined by Jamie Staff to present the day's concluding track cycling races at the London Velodrome, including the men's sprint finals. Olympics coverage continues on BBC1. (C) 63896
7.00 Coast. The Devon and Cornwall coastlines. (R) (C) 5525
8.00 EastEnders. Phil takes the unresponsive Ian under his wing. (C) 5419
8.30 Rats, Traps, Bugs & Cutbacks – Panorama. How budgets cuts are affecting the pest-control business. (C) 7254
9.00 Horizon: Eat, Fast and Live Longer. Michael Mosley explores new research that sheds light on the benefits of fasting and tests the science on himself as he tries to live longer, stay younger and lose weight. (C) 1709
10.00 Olympics 2012. Gary Lineker and Ore Oduba present the latest men's boxing bouts from the ExCeL London, where the middleweight quarter-finals are scheduled to take place. Olympics coverage continues on BBC1. (C) 797983
10.40 Newsnight; (C) Weather. (C) 229167
11.30 The Dark: Nature's Nighttime World. (R) (C) 94051
12.30am Sign Zone: Coast. (R) (C) 57378
1.30 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 44113
2.30 Sign Zone: Britain's Heritage Heroes. (R) (C) 77620
3.00 Sign Zone: Real Rescues. (R) (C) 5723674
3.45 Close

Channel 4

6.25am Channel 4 Presents: London 2012 – Will Bayley Part III. (R) (T) 3459815 **6.30 The Treacle People.** (R) (T) 7179902 **6.40 The Hoobs.** (R) (T) 4159815 **7.05 Freshly Squeezed.** (T) 8179032 **7.30 According to Jim.** (R) (T) 3391937 **7.55 Will & Grace.** (R) (T) 5662419 **8.30 Everybody Loves Raymond.** (R) (T) 27506 **9.00 Frasier.** (R) (T) 41186 **9.30 Come Dine with Me.** (R) (T) 79457 **10.00 Come Dine with Me.** (R) (T) 95070 **10.30 Come Dine with Me.** (R) (T) 30070 **11.00 Come Dine with Me.** (R) (T) 2780 **11.30 Come Dine with Me.** (R) (T) 8269 **12.00pm Channel 4 News Midday Summary.** (T) 5544148 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 9423902 **1.05 Channel 4 Presents: London 2012 – Jody Cundy Part III.** (R) (T) 22459916 **1.10 Rescue Remedies.** (R) (T) 45409231 **1.20 FILM: How to Marry a Millionaire (1953).** Comedy, starring Marilyn Monroe. (T) 92339235 **3.10 Countdown.** (T) 9642506 **4.00 Deal or No Deal.** (T) 3032 **5.00 Four in a Bed.** (R) (T) 7631 **5.30 Come Dine with Me.** (R) (T) 186
6.00 The Simpsons. (R) (T) 159
6.30 Hollyoaks. (T) 821
7.00 Channel 4 News. (T) 949341
7.55 4thought.tv. (T) 469051
8.00 Britain's High Street Gamble: Channel 4 Dispatches. Michael Crick investigates the booming business in gambling. On average, one new betting shop opens every week – but not all locals are happy about it. (T) 3815
8.30 Simply Italian. Michela Chiappa prepares lobster ravioli with asparagus and tomato sauce and shows how stinging nettles can be used in tortelli. Plus, a rich chicken broth with parmesan dumplings. (T) 2322
9.00 Undercover Boss. *See Pick of the day.* (T) 6877
10.00 Thelma's Gypsy Girls. Four of the trainees work on their first wedding dress, but two of them squander their chance to impress and end up suspended from the course. (R) (T) 6251099
11.05 Coming Up. (T) 809612
11.40 FILM: The Swimmer (2012). Short film, directed by Lynne Ramsay. (T) 706761
12.00am Random Acts. (T) 4696397
12.05 Embarrassing Bodies: About Face. (R) (T) 8896007
1.05 The Good Wife. (T) 8504216
1.45 The Good Wife. (T) 2299378
2.30 The Big C. (T) 75216
3.00 The Big C. (T) 51200
3.30 Happy Endings. (T) 62544910
3.50 Limb-O-Xtreme. (R) (T) 98430939
3.55 St Elsewhere. (R) (T) 8119200
4.45 Deal or No Deal. (R) (T) 3239007
5.40 Baking Mad with Eric Lanlard. (R) (T) 8831197

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 65984964 **6.10 The WotWots.** (R) (T) 65908544 **6.20 City of Friends.** (R) (T) 65904728 **6.30 Jelly Jamm.** (R) (T) 53517506 **6.45 Peppa Pig.** (R) (T) 21476032 **6.50 Castle Farm.** (R) (T) 21406273 **6.55 Little Princess.** (R) (T) 97244419 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 2100099 **7.20 The Mr Men Show.** (R) (T) 2180235 **7.35 Thomas & Friends.** (R) (T) 5976815 **7.45 Make Way for Noddy.** (R) (T) 5956051 **8.00 Fifi and the Flowertots.** (R) (T) 9432506 **8.15 Peppa Pig.** (R) (T) 5576998 **8.20 Peppa Pig.** (R) (T) 7959728 **8.30 Roary the Racing Car.** (R) (T) 7595254 **8.45 Bananas in Pyjamas.** (T) 7898542 **8.55 Bert and Ernie's Great Adventures.** (R) (T) 9765525 **9.00 Igam Ogam.** (R) (T) 8906341 **9.15 The Wright Stuff.** 43224490 **11.10 Chopped.** (T) 3797341 **12.10pm 5 News Lunchtime.** (T) 57219457 **12.15 Big Brother.** (R) (T) 4385051 **1.15 Extraordinary Dogs.** (R) (T) 5907490 **1.45 Neighbours.** (T) 5906761 **2.15 The Mentalist.** (R) (T) 7380457 **3.10 FILM: Accidental Friendship (2008).** Fact-based drama, starring Chandra Wilson. (T) 46029983 **5.00 5 News at 5.** (T) 5209728 **5.30 Neighbours.** (R) (T) 7568815
6.00 Monkey Life. (T) 7565728
6.30 5 News at 6.30. (T) 7549780
7.00 Cricket on 5. England v South Africa. Mark Nicholas presents action from the fifth and final day of the Second Test at Headingley, as the penultimate match of the series concluded; (T) 5 News Update. (T) 5973070
8.00 Police Interceptors. Drugs are discovered when an uninsured motorist is pulled over, a helicopter is used to track down a pair of burglars, and a driver suspected of road rage is stopped; (R) (T) 5 News Update. (T) 5959490
9.00 Big Brother. Coverage of the past 24 hours in the house, revealing how the housemates are getting on now that their numbers are dwindling and the end is in sight. (T) 5979254
10.00 The Walking Dead. Rick's leadership is called into question as the farm descends into chaos. Last in the series. (T) 4904051
10.55 FILM: Red Sonja (1985). A female warrior battles to stop an evil queen from unleashing the power of a magical orb. Fantasy adventure, starring Brigitte Nielsen, Arnold Schwarzenegger and Sandahl Bergman. (T) 56756728
12.45am Comedy Kings: Best of Just for Laughs. (R) (T) 7238465
1.10 SuperCasino. 89995228
3.55 Great Scientists. (R) (T) 15701668
4.20 House Doctor. (R) (T) 57866991
4.45 Michaela's Wild Challenge. (R) (T) 64221823
5.10 Wildlife SOS. (R) (T) 81255129
5.35 Wildlife SOS. (R) (T) 81531910

ITV1

6.00am Daybreak. (T) 706952
8.30 Lorraine. (T) 2140709
9.25 The Jeremy Kyle Show. (R) (T) 7846983
10.30 This Morning. (T) 82322
12.30pm 60 Minute Makeover. (R) (T) 58341
1.30 ITV News and Weather. (T) 57421457
1.55 Anglia News and Weather. (T) 88901322
2.00 Murder, She Wrote. Jessica investigates the death of a newspaper tycoon. (R) (T) 21047
3.00 Dickinson's Real Deal. From Southport, Merseyside. (R) (T) 6983
3.59 Anglia Weather. (T) 9284761
4.00 Midsomer Murders. Part two of two. Barnaby and Troy delve into the secrets of the hunt community. (R) (T) 5490
5.00 Dinner Date. Tony from Bristol chooses three blind dates. (T) 5896
6.00 Anglia Tonight; Weather. (T) 457
6.30 ITV News and Weather. (T) 709
7.00 Emmerdale. Marlon assures Laurel he will do whatever it takes to keep Leo in his life, while Charity and Rishi arouse Nikhil's suspicions as they celebrate a successful business meeting. (T) 6525
7.30 Coronation Street. An argument ensues when Kirsty lies to Tyrone about seeking help for her anger issues. Lloyd and Steve arrange a gig for Ryan in a local pub, and Tracy outstays her welcome at No 3. (T) 693
8.00 Countrywise. Paul Heiney and Bettany Hughes explore how the British countryside has helped shape the London 2012 Games. Including visits to the Olympic Park and Much Wenlock, Shropshire. (T) 5273
8.30 Coronation Street. Tyrone tries to salvage his relationship, but Kirsty has a shock in store. Michelle fails to notice a large amount of cash missing from her purse, and Norris takes revenge on Tracy. (T) 4780
9.00 The Hit Factory: The Stock Aitken & Waterman Story. Documentary charting the success of Mike Stock, Matt Aitken and Pete Waterman, the songwriting and record-producing trio who scored more than 100 top 40 hits in the 1980s and 90s, including a string of number ones, with acts including Kylie Minogue, Jason Donovan and Rick Astley. Featuring contributions by Waterman, Simon Cowell, Sinitta, Pete Burns, Sonia, Steps and many more. Suranne Jones narrates. (T) 8235
10.00 ITV News at Ten and Weather. (T) 31709
10.30 Anglia News and Weather. (T) 765885
10.35 Real Crime with Mark Austin: The Black Cab Rapist. How an elite police team brought sex attacker John Worboys to justice. The programme examines the former taxi driver's crimes, which went undetected for years. (R) (T) 947051
11.35 In Plain Sight. Mary helps a former bank robber acclimatise to life outside prison after decades behind bars, and Marshall assists her with another witness who becomes the victim of a revenge plot. (R) (T) 252780
12.25am Jackpot247; ITV News Headlines. 55319842
2.30 The Jeremy Kyle Show. Guests air their differences. (R) (T) 1265858
3.25 ITV Nightscreen. Text-based information service. 7970866
4.35 The Jeremy Kyle Show. (R) (T) 5849397
5.30 ITV Morning News. (T) 32197

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather.

TUESDAY August 7

Main Channels

BBC1

6.00am Olympic Breakfast. Chris Hollins and Sian Williams present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. Plus, sports reports, weather forecasts and arts and entertainment features. (C) 179179

9.00 Olympics 2012. Mishal Husain introduces the opening coverage of day 11, featuring the latest canoe sprint heats and the first session of athletics at the Olympic Stadium. (C) 12740533

11.15 Olympics 2012. Hazel Irvine presents coverage of the men's triathlon, which gets under way at **11.30**, and takes place in and around Hyde Park. Olympics coverage continues on BBC2. (C) 62119736

1.30pm BBC News; Weather. (C) 81858

2.00 Regional News; Weather. (C) 58308216

2.15 Olympics 2012. Hazel Irvine introduces the latest artistic gymnastics apparatus finals at the North Greenwich Arena, featuring the men's parallel bars from **2.15** and the women's beam from **2.47**. (C) 835533

4.00 Olympics 2012. *See Pick of the day.* (C) 7649

6.00 BBC News; Weather. (C) 194

6.30 Look East; Weather. (C) 674

7.00 Olympics 2012. Gary Lineker presents coverage of this evening's athletics at the Olympic Stadium, where the finals of the women's 100m hurdles and men's 1500m are among the highlights. The hurdles represent a chance for Tiffany Porter to shine, as the American-born sprinter, now representing Team GB, looks to build on her silver medal in this year's World Indoor Championships 60m hurdles. The 1500m final may feature another of Britain's track hopefuls in Andy Baddeley and the high jump could offer hope of home success through the fast-improving Robbie Grabarz, who won the gold medal at the recent European Championships in Helsinki. The full schedule features the men's high jump final from **7.00**, women's 100m hurdles semi-finals from **7.15** and final at **9.00**, men's discus final from **7.45**, men's 800m semi-finals from **7.55**, women's 200m semi-finals from **8.25** and men's 1500m final at **9.15**. With commentary by Steve Cram and Jonathan Edwards, and analysis by John Inverdale, Colin Jackson, Michael Johnson and Denise Lewis. Plus, updates on the second men's football semi-final at Old Trafford and the men's boxing flyweight quarter-finals, which may feature Andrew Selby. (C) 517533

10.00 BBC News. (C) 63910

10.30 Regional News; Weather; (C) National Lottery Update. (C) 144484

10.40 Olympics Tonight. Gabby Logan and guests look back on day 11 at the London Games, and present live coverage of the sports still taking place, which are the men's and women's beach volleyball semi-finals, and women's basketball quarter-final. Today's highlights included the concluding races in the track cycling competition, men's triathlon, men's football semi-finals and the men's 1500m final in the athletics. Plus, a look ahead to tomorrow, which features the men's 110m hurdles final and the opening canoe sprint finals. (C) 1985620

12.00am BBC News. (C) 4654311

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the 11th day's events at London 2012. (C) 3516040

12.55 Weatherview. (C) 5475205

1.00 BBC News. (C) 1613205

Pick of the day

Olympics 2012

BBC1, 4pm

Jake Humphrey introduces the concluding day of the track cycling competition at the London Velodrome, featuring the women's sprint and Omnium, and the men's Keirin disciplines. Victoria Pendleton, pictured, won gold in the sprint four years ago in Beijing, and is looking to end her cycling career in style with a repeat performance, and Laura Trott competes in the Omnium. With commentary from Hugh Porter and Chris Boardman

Trash to Treasure

ITV1, 7.30pm

At Ribble Reclamation, Paul tries to convince Dale that merging his demolition business with the yard is the key to making a small fortune. Dale is given a tour of a disused school about to be torn down, and he seems taken by the idea, but he struggles to sell the reclaimed material. Meanwhile, Trev and Lee are forced to call rival suppliers as they race to fulfil an order of 18,000 handmade bricks at Beeston Reclamation.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9033858 **6.15 Chuggington: Badge Quest.** (R) (C) 3344939 **6.20 Timmy Time.** (R) (C) 6564571 **6.30 The Adventures of Abney & Teal.** (R) (C) 7055378 **6.40 Octonauts.** (R) (C) 7044262 **6.50 Rastamouse.** (R) (C) 7064026 **7.05 CBBC: Deadly 60.** (R) (C) 8088736 **7.30 Horrible Histories.** (R) (C) 41910 **8.00 The Scooby-Doo Show.** (R) (C) 2429303 **8.25 CBeebies: Tree Fu Tom.** (R) (C) 8168668 **8.45 Justin's House.** (R) (C) 772194 **9.15 Heir Hunters.** (R) (C) 1163200 **10.00 Homes Under the Hammer.** (R) (C) 47194 **11.00 Cowboy Trap.** (R) (C) 3775045 **11.45 Cash in the Attic.** (R) (C) 730378 **12.45pm Bargain Hunt.** (R) (C) 3054533 **1.30 Olympics 2012.** Hazel Irvine introduces coverage from across the 11th day of the Games. (C) 3009858 **2.15 Flog It!** (R) (C) 8983638 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 8213 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 552 **4.00 The Sarah Jane Adventures.** (R) (C) 587 **4.30 Serious Explorers: Livingstone.** (R) (C) 571 **5.00 Newsround.** (C) 4991823 **5.05 Shaun the Sheep.** (R) (C) 5202823 **5.15 Antiques Road Trip.** James Braxton and Thomas Plant compete. (R) (C) 1624113

6.00 Olympics 2012. The conclusion of the track cycling competition. (C) 85620

7.00 Helicopter Rescue. Eight people become lost out at sea when a cargo ship sinks off the coast of the Lleyn Peninsula, and a team tries to find a man injured on Snowdon. Last in the series. (C) 9484

7.30 EastEnders. Ben tries to help Ian by taking him to see Lucy. (C) 200

8.00 Holby City. Malick puts his career on the line to override the wishes of a convicted killer in his care, while Eddi's attempt to be more efficient backfires and she makes a terrible mistake. (C) 2129

9.00 The Midwives. The documentary follows student midwives each at different stages of their three-year training – 18-year-old Chloe, struggling second-year Aurelie and newly qualified Jess. (C) 9465

10.00 Olympics 2012. Men's boxing, and men's and women's beach volleyball. (C) 132804

10.40 Newsnight; (C) Weather. (C) 760216

11.30 The Super League Show. Including Wigan Warriors v Hull FC and St Helens v Warrington Wolves. (C) 504552

12.15am Sign Zone: Indian Ocean with Simon Reeve. (R) (C) 839311

1.15 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 835595

2.15 Sign Zone: Britain's Heritage Heroes. (R) (C) 21507

2.45 Sign Zone: Real Rescues. (R) (C) 5169427

3.30 Close

Channel 4

6.05am Channel 4 Presents: London 2012 – Helen Turner Part II. (R) (T) 3333823 **6.10 The Hoobs.** (R) (T) 6359533 **6.35 The Hoobs.** (R) (T) 4038378 **7.00 Freshly Squeezed.** (T) 57571 **7.30 According to Jim.** (R) (T) 4111259 **7.55 Will & Grace.** (R) (T) 2010020 **8.25 Everybody Loves Raymond.** (R) (T) 2424858 **8.55 Frasier.** (R) (T) 4233484 **9.25 Come Dine with Me.** (R) (T) 7645007 **9.55 Come Dine with Me.** (R) (T) 7451649 **10.25 Come Dine with Me.** (R) (T) 8356842 **10.55 Come Dine with Me.** (R) (T) 2232262 **11.30 Come Dine with Me.** (R) (T) 9113 **12.00pm Channel 4 News Midday Summary.** (T) 5431620 **12.05 Channel 4 Presents: London 2012 – David Clarke Pt III.** (R) (T) 5430991 **12.10 A Place in the Sun: Winter Sun.** (R) (T) 9303194 **1.05** FILM: **Jungle Book (1942).** A boy raised by wolves returns to the village where he was born, and foils a merchant's evil scheme with the help of his animal friends. Adventure, with Sabu. (T) 13405804 **3.10 Countdown.** (T) 9546378 **4.00 Deal or No Deal.** (T) 9736 **5.00 Four in a Bed.** (R) (T) 7216 **5.30 Come Dine with Me.** (R) (T) 991

6.00 The Simpsons. (R) (T) 804

6.30 Hollyoaks. (T) 484

7.00 Channel 4 News. (T) 300200

7.55 4thought.tv. (T) 878755

8.00 Supersize vs Superskinny. Christian Jessen advises Lynsey Bate, who has an irrational fear of choking, and Hugh McIntosh, a 23st man who started comfort-eating after the deaths of his mother and stepson. (R) (T) 4397

9.00 The Girl Who Became Three Boys. The story of 21-year-old Gemma Barker, currently serving 30 months in jail after inventing three online male alter egos that she used to seduce two teenage girls. (T) 4533

10.00 Lost Children. Concluding the documentary about a Berkshire school dedicated to troubled youngsters. Teachers at High Close struggle to cope with a 14-year-old's aggressive behaviour. (T) 6148571

11.05 Random Acts. (T) 681179

11.10 Best of British: The Quadfather. New series. Three wheelchair tennis athletes hoping to compete at the Paralympics. (T) 376736

12.15am Best of British: Mind Game. (T) 831779

1.15 Poker. (T) 7414021

2.10 KOTV Boxing Weekly. (T) 9713576

2.35 Sailing: America's Cup Discovered. (T) 5847175

3.00 FIVB Beach Volleyball. (T) 2334205

3.55 Intelligent Sport UK Challenge. (R) (T) 62521069

4.20 The Grid. (R) (T) 96905798

4.45 British F3. (R) (T) 68344359

5.10 FIM Superbike World Championship 2012. (T) 5055250

5.40 Road to London 2012: Paralympics Extra. (R) (T) 2136309

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 65888736 **6.10 The WotWots.** (R) (T) 65975216 **6.20 City of Friends.** (R) (T) 65891200 **6.30 Jelly Jamm.** (R) (T) 87812718 **6.45 Peppa Pig.** (R) (T) 21370804 **6.50 Castle Farm.** (R) (T) 21473945 **6.55 Little Princess.** (R) (T) 97131991 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 2097571 **7.20 The Mr Men Show.** (R) (T) 2084007 **7.35 Thomas & Friends.** (R) (T) 5943587 **7.45 Make Way for Noddy.** (R) (T) 5850823 **8.00 Fifi and the Flowertots.** (R) (T) 7833736 **8.10 Peppa Pig.** (R) (T) 3475769 **8.15 Peppa Pig.** (R) (T) 7821991 **8.25 Peppa Pig.** (R) (T) 2920674 **8.30 Roary the Racing Car.** (R) (T) 3797133 **8.40 Bert and Ernie's Great Adventures.** (R) (T) 9742674 **8.45 Bananas in Pyjamas.** (T) 7487281 **9.00 Abby's Flying Fairy School.** (R) (T) 8800113 **9.15 The Wright Stuff.** 43128262 **11.10 Chopped.** (T) 3691113 **12.10pm 5 News Lunchtime.** (T) 57286129 **12.15 Big Brother.** (R) (T) 4289823 **1.15 Extraordinary Dogs.** (R) (T) 5801262 **1.45 Neighbours.** (T) 5800533 **2.15 CSI: Crime Scene Investigation.** (R) (T) 9667397 **3.05 Impact.** (T) 18301571 **5.00 5 News at 5.** (T) 5196200 **5.30 Neighbours.** (R) (T) 7535587

6.00 Monkey Life. (T) 7452200

6.30 5 News at 6.30. (T) 7443552

7.00 Ice Road Truckers: Deadliest Roads. Lisa Kelly and GW Boles transport 32 llamas across the world's largest salt flat, while Hugh Rowland, Tim Zickuhr and Tino Rodriguez ferry bricks along the "Death Road"; (R) (T) 5 News Update. (T) 5877842

8.00 World's Tallest Towers. Documentary about the construction of the Canton Tower in China, revealing how a series of engineering breakthroughs achieved in the creation of older structures made it possible; (T) 5 News at 9. (T) 5853262

9.00 CSI: Crime Scene Investigation. A driver dies following an explosion during a desert race, but investigators are surprised to discover he had been using a fake identity – and may not have been the intended target. (T) 5873026

10.00 Big Brother. The housemates are once more forced to reveal what they really think of each other as the latest round of nominations takes place. (T) 5876113

11.00 Big Brother's Bit on the Side. 1761133

12.00am Banged Up Abroad. (R) (T) 9069779

1.00 SuperCasino. 40425755

3.55 Great Artists. (R) (T) 15761040

4.20 House Doctor. (R) (T) 57833663

4.45 Michaela's Wild Challenge. (R) (T) 64298595

5.10 Wildlife SOS. (R) (T) 81142601

5.35 Wildlife SOS. (R) (T) 81508682

ITV1

6.00am Daybreak. Morning show featuring news and current affairs, as well as health, entertainment and lifestyle features. (T) 460991

8.30 Lorraine. Entertainment and fashion news. (T) 2037281

9.25 The Jeremy Kyle Show. Guests air their differences. (R) (T) 7740755

10.30 This Morning. Eamonn Holmes and Ruth Langsford get fashion tips from Abbey Clancy, and there is a performance by Joshua Radin. Including at 11.25 ITV News and Regional Weather. (T) 24303

12.30pm 60 Minute Makeover. From Southam, Warwickshire. (R) (T) 81674

1.30 ITV News and Weather. (T) 57498129

1.55 Anglia News and Weather. (T) 88805194

2.00 Murder, She Wrote. Tom Selleck guest stars. (R) (T) 63561

3.00 Dickinson's Real Deal. David Dickinson joins antiques dealers Ian Towning, Alison Chapman and David Ford in Watford, Hertfordshire, to help members of the public sort their treasures from the trash. (R) 5587

3.59 Anglia Weather. (T) 9188533

4.00 Midsomer Murders. Part one of two. A horse whisperer disappears in Newton Magna, bringing DCI Barnaby face to face with long-standing adversary Melvyn Stockard. With Larry Lamb. Concludes tomorrow. (R) (T) 1194

5.00 Dinner Date. A woman from London chooses three blind dates from five potential partners, based entirely on the menus they have created. Having dined with each of them, she then decides who she wants to see again. Matchmaking show, narrated by Charlotte Hudson. (T) 5281

6.00 Anglia Tonight; Weather. (T) 262

6.30 ITV News and Weather. (T) 842

7.00 Emmerdale. Marlon creates a problem for Paddy's forthcoming wedding by stepping down from his role as best man, and with Laurel's support, decides to discuss the Leo situation with a solicitor. Jai offers to put Rachel up in a posh flat in Leeds, but she's shocked, assuming he just wants her and the baby out of the way. (T) 6910

7.30 Trash to Treasure. *See Pick of the day.* (T) 246

8.00 Lewis. A businesswoman is bludgeoned to death and it appears to be a blackmail plot gone wrong. As the body count rises, Lewis and Hathaway realise there is a decades-old secret at the heart of the case, which they must uncover to bring the murders to a halt. Detective drama, guest starring Anna Chancellor and Cherie Lunghi, with Kevin Whately and Laurence Fox. Last in the series. (R) (T) 5741

10.00 ITV News at Ten and Weather. (T) 65378

10.30 Anglia News and Weather. 415484

10.35 FILM: **The Island (2005).** An inhabitant of a utopian biosphere discovers the facility is a sinister facade and begins searching for the truth. Sci-fi thriller, with Ewan McGregor and Scarlett Johansson. (T) 41163674

1.00am Jackpot247; ITV News Headlines. 71156

3.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T) 2345311

3.50 ITV Nightscreen. 918137

5.30 ITV Morning News. (T) 11069

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather. (T)

WEDNESDAY August 8

Main Channels

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 595798

9.00 Olympics 2012. Mishal Husain and Rishi Persad present coverage of the opening sports on day 12 of the Games, featuring men's canoe sprint and men's athletics. (C) 621392

11.30 Olympics 2012. Matt Baker introduces further coverage of the athletics at the Olympic Stadium, followed by the first stage of the individual show jumping final at Greenwich Park. Olympics coverage continues on BBC2. (C) 24330

1.00pm BBC News; Weather. (C) 51514

1.30 Regional News; Weather. 69858363

1.45 Olympics 2012. Jake Humphrey and Clare Balding present this afternoon's coverage, which features the semi-finals of the three women's boxing divisions, and the individual show jumping final. The boxing at the ExCeL London provides the first action, as the women contest the semi-finals of the flyweight class from **1.45**, lightweight division from **2.00** and middleweight category from **2.30**. The concluding session of the show jumping comes from Greenwich Park from **2.45**, as the leading 20 riders vie for the medals. Tim Stockdale and Ben Maher reached this stage four years ago, and Maher is in the British squad again, along with Nick Skelton, Peter Charles and Scott Brash. With commentary by Ronald McIntosh, Lucy O'Connor, Michael Tucker and Andy Austin. (C) 88508972

4.00 Olympics 2012. Sue Barker presents coverage of the second men's basketball quarter-final, and the men's and women's BMX seeding runs. Helen Skelton is at the BMX Track at the Olympic Park, which is the venue for the seeding runs in the men's and women's events, which will determine the rankings of the riders ahead of this week's knockout stages, with Liam Phillips and Shanaze Reade representing Team GB. The basketball tips off at **4.15** at the North Greenwich Arena, where the winners of Group A face the fourth-placed side in Group B. Plus, action from across the Games, as some of the team sports continue to head towards a conclusion. Mike Carlson and John Amaechi commentate on the basketball, with Ed Leigh and Jamie Staff at the cycling. (C) 8972

6.00 BBC News; Weather. (C) 427

6.30 Look East; Weather. (C) 779

7.00 Olympics 2012. *See Pick of the day.* (C) 312822

10.00 BBC News. (C) 64427

10.30 Regional News; Weather. (C) 652205

10.40 Olympics Tonight. Gabby Logan and guests look back on the 12th day's events at the London Games, and present live coverage of the sports still taking place, featuring the men's light heavyweight boxing quarter-finals at the ExCeL London and the concluding men's basketball quarter-final at the North Greenwich Arena. The individual show jumping, canoe sprint and athletics were expected to be among today's highlights, along with the final of the women's beach volleyball. Plus, a look ahead to tomorrow's schedule, which includes the finals of the men's 200m and women's boxing divisions. (C) 1952392

12.00am BBC News. (C) 4621083

12.10 Olympic Sportsday. Dan Walker looks back at the 12th day's events. (C) 3583712

12.55 Weatherview. (C) 5442977

1.00 BBC News. (C) 1680977

Pick of the day

Olympics 2012

BBC1, 7pm

Gary Lineker introduces this evening's athletics schedule at the Olympic Stadium, which includes the finals of the women's 400m hurdles and men's 110m hurdles. Perri Shakes-Drayton, pictured, was born in east London and will be a popular competitor in the 400m hurdles if she has made it through the heats and semi-finals, having been part of the winning 4x400m relay squad at this year's World Indoor Championships.

Restoration Home

BBC2, 8pm

A couple take on an ambitious restoration project at the 16th-century Old Manor in Norfolk. The Grade II-listed building is plagued by damp, woodworm and death-watch beetles, but the new owners are determined to turn the crumbling property into their dream home. However, as work gets under way, costly structural problems are uncovered, and just when Polly and Erich think they have solved the issues, the building is broken into and vandalised.

ITV1

6.00am Daybreak. Morning show featuring news and current affairs, as well as health, entertainment and lifestyle features. (T) 992392

8.30 Lorraine. Entertainment and fashion news. (T) 2004953

9.25 The Jeremy Kyle Show. Guests air their differences. (R) (T) 7717427

10.30 This Morning. Eamonn Holmes and Ruth Langsford present celebrity chat, lifestyle features and the latest round of Soapstar Superbrain. Plus, a performance by boy band Lawson. Including at 11.25 ITV News and Regional Weather. (T) 49885

12.30pm 60 Minute Makeover. Home-improvement challenge in Chelmsford, Essex. (R) (T) 97408

1.30 ITV News and Weather. (T) 57385601

1.55 Anglia News and Weather. (T) 88872866

2.00 Murder, She Wrote. A TV reporter disappears. (R) (T) 16953

3.00 Dickinson's Real Deal. From Chesterfield, Derbyshire. (R) (T) 1663

3.59 Anglia Weather. (T) 9155205

4.00 Midsomer Murders. Conclusion. Barnaby researches Melvyn Stockard's background. (R) (T) 8458

5.00 Dinner Date. Five women aim to woo a bachelor from Stockport. (T) 5316

6.00 Anglia Tonight; Weather. (T) 595

6.30 ITV News and Weather. (T) 175

7.00 Emmerdale. Charity presents the King brothers with the contract they need, in return for a 25 per cent stake in their business, and while Carl refuses to work with her, Jimmy knows she is the firm's last hope of survival. Rachel accepts Jai's offer of accommodation, but wants to choose the location, while Marlon feels positive after his meeting with the solicitor. (T) 1205

7.30 The Lakes. A local mountain-rescue team is called out to help a stranded family on the fells, and tour guide Sue Todd struggles to teach a Japanese colleague how to play crown green bowls. Plus, three brothers compete in a boat race on Windermere. Rory McGrath narrates. (R) (T) 359

8.00 Agatha Christie's Poirot. A guest at a village Halloween party boasts of having witnessed a murder years previously – and later meets a grisly end in keeping with the macabre spirit of the occasion. Arriving to investigate, Poirot delves back into the annals of local life – and uncovers a series of mysterious deaths, any one of which could have a bearing on the present case. David Suchet, Amelia Bullmore and Zoe Wanamaker star. (R) (T) 2885

10.00 ITV News at Ten and Weather. (T) 59595

10.30 Anglia News and Weather. (T) 930595

10.35 FILM: Dead Calm (1989). A couple on a yachting trip save a man from a sinking ship, but then come to regret their act of kindness. Psychological thriller, starring Sam Neill, Nicole Kidman and Billy Zane. (T) 78796021

12.20am Jackpot247. Interactive gaming; ITV News Headlines. 139606

2.05 FILM: Spartacus (1960). A gladiator leads an army of escaped slaves in a rebellion against the Roman state. Stanley Kubrick's Oscar-winning epic, starring Kirk Douglas. (T) 12037002

5.10 ITV Nightscreen. 9863712

5.30 ITV Morning News. (T) 92151

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 News and Weather. (T)

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9920330 **6.15 Chuggington: Badge Quest.** (R) (C) 3304311 **6.20 Timmy Time.** (R) (C) 6531243 **6.30 The Adventures of Abney & Teal.** (R) (C) 7015750 **6.40 Octonauts.** (R) (C) 7011934 **6.50 Rastamouse.** (R) (C) 7031798 **7.05 CBBC: Deadly 60.** (R) (C) 8055408 **7.30 Horrible Histories.** (R) (C) 39392 **8.00 The Scooby-Doo Show.** (R) (C) 2323175 **8.25 CBeebies: Tree Fu Tom.** (R) (C) 8128040 **8.45 Justin's House.** (R) (C) 438446 **9.15 Heir Hunters.** (R) (C) 5468412 **10.00 Homes Under the Hammer.** (R) (C) 35576 **11.00 Cowboy Trap.** (R) (C) 9628507 **11.45 Cash in the Attic.** (R) (C) 414866 **12.15pm Bargain Hunt.** (R) (C) 9369205 **1.00 Olympics 2012.** The individual show jumping final continues. (C) 5657309 **1.45 Escape to the Country.** (C) 778576 **2.15 Flog It!** (R) (C) 6783250 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 2798 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 885 **4.00 The Sarah Jane Adventures.** (R) (C) 392 **4.30 Jedward's Big Adventure.** (R) (C) 576 **5.00 Newsround.** (C) 4968595 **5.05 Shaun the Sheep.** (R) (C) 5279595 **5.15 Antiques Road Trip.** (R) (C) 1691885

6.00 Olympics 2012. Sue Barker introduces coverage from across day 12 of the Games, including the decathlon high jump, and men's handball and water polo quarter-finals. Olympics coverage continues on BBC1. (C) 81682

7.00 Coast. The Western Isles and Shetland. (R) (C) 5595

8.00 Restoration Home. *See Pick of the day.* (C) 4243

9.00 Vexed. Jack and Georgina head to a university campus to investigate the death of a student, but get sidetracked by arguments about gender politics and affairs of the heart. (C) 1779

10.00 Olympics 2012. Gary Lineker and Ore Oduba present coverage of this evening's boxing bouts at the ExCeL London, in the light welterweight and light heavyweight quarter-finals. Olympics coverage continues on BBC1. (C) 668021

10.40 Newsnight; (C) Weather. (C) 114885

11.30 The National Lottery Wednesday Night Draws. Presented by OJ Borg. (C) 863779

11.35 The Midwives. Three student midwives at different stages of their training; (R) (C) National Lottery Update. (C) 871953

12.35am Sign Zone: DIY SOS: The Big Build. (R) (C) 1093996

1.35 Sign Zone: Hairy Bikers' Best of British. (R) (C) 8645170

2.20 Sign Zone: Food Factory. (R) (C) 8589335

2.50 Sign Zone: Real Rescues. (R) (C) 5126712

3.35 Close

Channel 4

6.05am The Hoobs. (R) (T) 6329392 **6.30 The Hoobs.** (R) (T) 4006779 **6.55 Channel 4 Presents: London 2012 – Stephen Miller Part III.** (R) (T) 3233427 **7.00 Freshly Squeezed.** (T) 45953 **7.30 According to Jim.** (R) (T) 7965971 **7.55 Will & Grace.** (R) (T) 6315232 **8.25 Everybody Loves Raymond.** (R) (T) 2311330 **8.55 Frasier.** (R) (T) 7875595 **9.30 Come Dine with Me.** (R) (T) 97243 **10.00 Come Dine with Me.** (R) (T) 13866 **10.30 Come Dine with Me.** (R) (T) 65156 **11.00 Come Dine with Me.** (R) (T) 7088 **11.30 Come Dine with Me.** (R) (T) 8717 **12.00pm Channel 4 News Midday Summary.** (T) 5408392 **12.05 Jamie's 30 Minute Meals.** (R) (T) 1520156 **12.35 Rescue Remedies.** (R) (T) 64764224 **12.45 FILM: Billy Rose's Jumbo (1962).** The daughter of a circus owner embarks on a mission to save her father's struggling business from a hostile takeover bid. Musical, with Doris Day, Jimmy Durante and Stephen Boyd. (T) 92674363 **3.10 Countdown.** (T) 9506750 **4.00 Deal or No Deal.** (T) 1040 **5.00 Four in a Bed.** (R) (T) 2311 **5.30 Come Dine with Me.** (R) (T) 224

6.00 The Simpsons. (R) (T) 137

6.30 Hollyoaks. (T) 717

7.00 Channel 4 News. (T) 809779

7.55 4thought.tv. (T) 302514

8.00 SuperScrimpers. Saving money on childcare and rented accommodation. (T) 9311

9.00 24 Hours in A&E. A girl is rushed into resus after slumping over her desk at school, a woman suffering from numbness down her left side requires a scan, and a boy is treated for a broken leg. (T) 9175

10.00 Secrets of the Pickpockets. Police efforts to catch pickpockets targeting London. (T) 6115243

11.05 Random Acts. Short creative films. (T) 574088

11.10 2 Broke Girls. (T) 529430

11.40 2 Broke Girls. Max and Caroline face a test to join Sophie's cleaning company. (T) 446866

12.10am New Girl. (T) 1679151

12.40 Music on 4: Summer Daze. (R) (T) 5534880

1.05 Music on 4: Mercury Prize Sessions: Maximo Park. (T) 3062052

1.20 Music on 4: Ibiza Rocks: Professor Green. (T) 4268793

1.35 Music on 4: Spotlight. (T) 7234625

1.50 Music on 4: 4Play: Nervo. (T) 3402712

2.00 Music on 4: 4Play: Swiss Lips. (T) 4792793

2.10 Home Road Movies. (R) (T) 9404354

2.25 FILM: Mogambo (1953). Romantic adventure, starring Clark Gable and Ava Gardner. (T) 527967

4.25 Countdown. (R) (T) 4133828

5.10 Deal or No Deal. (R) (T) 4116977

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 65855408 **6.10 The WotWots.** (R) (T) 65879088 **6.20 City of Friends.** (R) (T) 65868972 **6.30 Jelly Jamm.** (R) (T) 60666430 **6.45 Peppa Pig.** (R) (T) 21347576 **6.50 Castle Farm.** (R) (T) 21377717 **6.55 Little Princess.** (R) (T) 97108663 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 2064243 **7.20 The Mr Men Show.** (R) (T) 2051779 **7.35 Thomas & Friends.** (R) (T) 5847359 **7.45 Make Way for Noddy.** (R) (T) 5827595 **8.00 Fifi and the Flowertots.** (R) (T) 7800408 **8.10 Peppa Pig.** (R) (T) 1275381 **8.15 Peppa Pig.** (R) (T) 7898663 **8.25 Peppa Pig.** (R) (T) 6225886 **8.30 Roary the Racing Car.** (R) (T) 7092345 **8.40 Bert and Ernie's Great Adventures.** (R) (T) 9646446 **8.45 Bananas in Pyjamas.** (T) 7454953 **9.00 Abby's Flying Fairy School.** (R) (T) 8877885 **9.15 The Wright Stuff.** 43195934 **11.10 Chopped.** (T) 3668885 **12.10pm 5 News Lunchtime.** (T) 57173601 **12.15 Big Brother.** (R) (T) 4256595 **1.15 Extraordinary Dogs.** (R) (T) 5878934 **1.45 Neighbours.** (T) 5877205 **2.15 CSI: Crime Scene Investigation.** (R) (T) 9634069 **3.05 Impact.** (T) 18378243 **5.00 5 News at 5.** (T) 5163972 **5.30 Neighbours.** (R) (T) 7439359

6.00 Monkey Life. (T) 7429972

6.30 5 News at 6.30. (T) 7410224

7.00 The Hotel Inspector. Alex Polizzi visits the Mansion Lions Hotel in Eastbourne, where owner Sheikh Abid Gulzar aspires to a four-star rating – but may need to solve some fundamental problems first; (R) (T) 5 News Update. (T) 5844514

8.00 Britain's Strangest Pets. Jack Heathcoat takes cameras on a tour of his basement, which he has converted into a tropical aquarium, and pet-shop owner Mark Amey introduces his collection of deadly reptiles; (T) 5 News at 9. (T) 5820934

9.00 Big Brother. More from the house as the contestants compete in tasks, rant in the diary room and provide their own entertainment while obeying the *Big Brother* rules – or not, as the case may be. (T) 5840798

10.00 Fatima Whitbread: Growing Up in Care. The former Olympic athlete recalls her troubled childhood. (T) 5843885

11.00 Big Brother's Bit on the Side. Emma Willis and her guests discuss how the housemates are getting on. 5066345

12.00am Harold Shipman: Born to Kill? (R) (T) 9029151

1.00 SuperCasino. 74720967

3.55 Great Artists. (R) (T) 15738712

4.20 House Doctor. (R) (T) 57800335

4.45 Michaela's Wild Challenge. (R) (T) 64265267

5.10 Wildlife SOS. (R) (T) 81119373

5.35 Wildlife SOS. (R) (T) 81575354

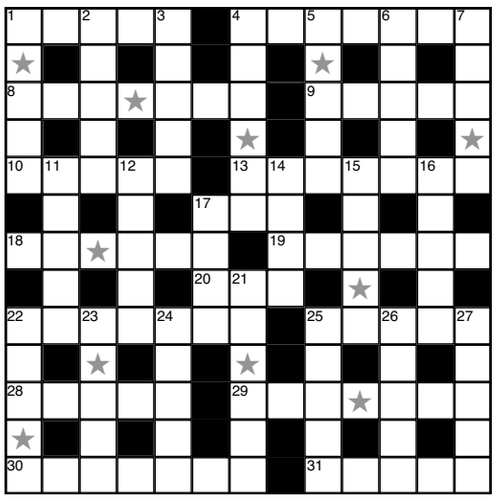
Puzzle Challenge

Every Wednesday in the **Newmarket News**

FOUR PAGES OF CROSSWORDS, QUIZZES, SUDOKUS, KAKUROS - AND MUCH, MUCH MORE

STARSPOT CROSSWORD

Can you find the celebrity name hidden in this Starspot Crossword? Complete the crossword in the normal way then make a note of the letters contained in all the squares which are marked with shaded stars. These letters will make an anagram of the name you are looking for.



ACROSS

1. Ringlets (5)
4. Proposals (7)
8. Matters, concerns (7)
9. Getting on in years (5)
10. Cut of meat (5)
13. Missives (7)
17. Beverage (3)
18. ------ pastry (6)
19. Noises (6)
20. Employ (3)
22. Free from prison (7)
25. Sorts (5)
28. Sweet liquid (5)
29. Any person (7)
30. Procedures (7)
31. Die in water (5)

DOWN

1. Marine molluscs (5)
2. Ransack (5)
3. Adhere (5)
4. Body tissue (6)
5. Grilled bread (5)
6. Evergreen tree (5)
7. Indications (5)
11. Profession (5)
12. Get up (5)
14. Lessen (4)
15. Rightfully (5)
16. Crest (5)
17. Accordingly (4)
21. Is aware of (6)
22. Tricks (5)
23. London cricket ground (5)
24. Orchard fruit (5)
25. Fearful (5)
26. Snapshot (abbrev.) (5)
27. Rear of a boat (5)

Each question has four possible answers and is worth from one to 15 points. Circle your chosen answers and keep a record of your points total. Maximum total points 120.

The Accumulator Quiz

QUESTION 1 – for 1 point:
Which of these birds does not build a nest?
A Barn owl
B Cuckoo
C Heron
D Sparrow

QUESTION 2 – for 2 points:
What kind of creature tried to eat the Three Billy Goats Gruff?
A Crocodile
B Giant
C Troll
D Dragon

QUESTION 3 – for 3 points:
Who sang a duet with Elton John on the 1976 pop single Don't Go Breaking My Heart?
A Lulu
B Suzi Quatro
C Donna Summer
D Kiki Dee

QUESTION 4 – for 4 points:
What is solid carbon dioxide better known as?
A Rock salt
B Dry ice
C Washing soda
D Baking powder

QUESTION 5 – for 5 points:
What does a red triangle stand for on an Ordnance Survey Explorer map?
A Telephone box
B Place of worship
C Youth hostel
D Post office

QUESTION 6 – for 6 points:
What is the most southerly place on the British mainland?
A Lizard Point, Cornwall
B Start Point, Devon
C Beachy Head, Sussex
D Portland Bill, Dorset

TV presenter Myleene Klass. See Question 12

QUESTION 7 – for 7 points:
What is the British equivalent of America's patriotic Uncle Sam?
A Tommy Atkins
B John Bull
C St George
D John of Gaunt

QUESTION 8 – for 8 points:
For which sport is the Wisden Guide the official almanac?
A Cricket
B Rugby Union
C Tennis
D Football

QUESTION 9 – for 9 points:
What name is given to a bunch of herbs used for flavouring stews and sauces?
A Corsage
B Court-bouillon
C Bouquets garnis
D Pot-au-feu

QUESTION 10 – for 10 points:
Which fictional detective was created by G.K. Chesterton?
A Father Brown
B Sexton Blake
C Paul Temple
D Bulldog Drummond

QUESTION 11 – for 11 points:
Where are the Miraflores Locks and the Gaillard Cut?
A Venice
B Bruges
C The Panama Canal
D The Camargue

QUESTION 12 – for 12 points:
What is the first name of Myleene Klass's first daughter born in 2007?
A Ava
B Greta
C Bertha
D Martha

QUESTION 13 – for 13 points:
What name is traditionally used by an actor playing two roles?
A Mungo Jerry
B Joe Muggins
C James Aubrey
D Walter Plinge

QUESTION 14 – for 14 points:
Which city hosted the World's Fair Expo '67?
A Seattle
B Osaka
C Montreal
D Brisbane

QUESTION 15 – for 15 points:
What is plotted by a Campbell-Stokes recorder?
A Earth tremors
B Hours of sunlight
C Background radiation
D Tidal variations

All puzzles in this supplement are supplied by Sirius Media Services. To try more of our puzzles interactively online go to **www.puzzledrome.com**

SUDOKU

THERE is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

	8	3			5	1	2	
	5		4					6
	9		2			8	3	
8	1	9		7				2
4							7	
2		5				3		1
5		8	9	4	3			
	4					2	5	9
			7		2			

Moderate

		8					6	
	4	7	9	1				
			6			2		
						5		
5		4		9			3	
	8				4			7
7	6		2					
		9				1		
		2			8			9

Difficult

4				7			8	9
7		2		5			6	
			9	6				
				1	7	6	4	
			2			7		
		9						3
2					3		7	
8			6		4		1	

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CROSS CODE

9	2	15	22	23	12	10	6	23	■	2	26	16
14	■	26	■	6	■	14	■	6	■	6	■	15
24	1	14	6	20	26	17	■	25	24	5	16	26
■	■	20	■	11	■	14	■	24	■	23	■	20
12	6	13	24	■	9	15	22	■	3	24	15	26
23	■	■	■	15	26	22	12	10	■	10	■	14
23	9	15	24	12	5	■	9	26	21	21	6	20
24	■	12	■	5	6	8	2	25	■	■	■	9
5	12	6	13	■	9	12	25	■	4	6	18	24
7	■	20	■	24	■	10	■	10	■	13	■	■
10	12	7	24	10	■	10	24	12	20	24	23	25
24	■	26	■	23	■	26	■	11	■	12	■	12
13	24	19	■	24	17	16	15	24	23	23	24	13

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7 B	8	9	10 L	11	12 A	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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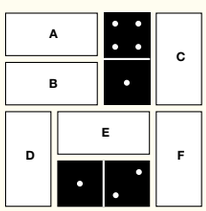

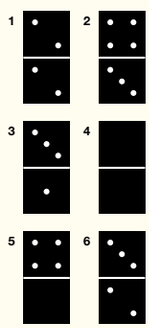

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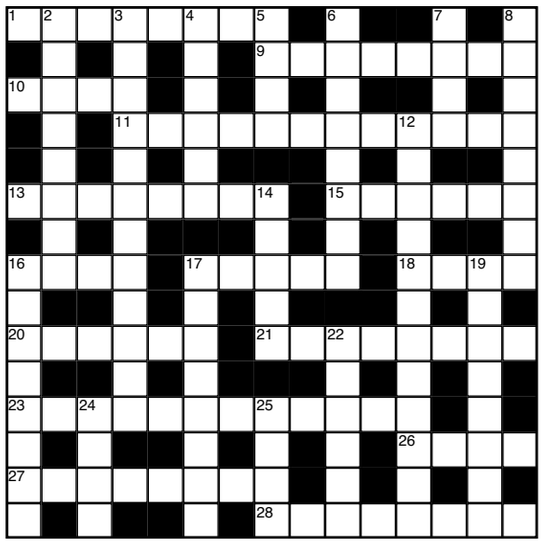
C	I	O	L	F	R	Z	E	R	I	M
L	V	N	A	C	I	Z	N	S	A	A
A	M	E	N	Y	L	I	I	M	J	S
H	C	R	O	S	U	P	A	L	M	C
I	D	P	A	R	B	R	U	T	C	A
I	F	G	N	L	O	U	S	G	N	A
G	P	L	I	P	E	E	W	A	E	K
S	R	A	I	N	S	E	O	R	N	M
P	E	N	O	I	T	T	O	V	I	U
I	D	T	P	A	G	E	R	A	N	I

General Knowledge Crossword

Who? .... Why? .... How? When? ..... Where?



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12. Savoury Cornish dish with fish heads protruding through the crust (9,3)
14. Pin or shaft upon which something turns (5)
16. Six-winged celestial beings (8)
17. Apple brandy distilled from cider in northern France (8)
19. Old Spanish courtship dance with castanets (8)
22. ------ Rouge, cabaret in Montmartre, Paris (6)
24. Secluded corner (4)
25. Travel somewhere in a great hurry (4)

WORD WIZARD

Here is an unusual word with three definitions, only one of which is correct. Can you identify the right definition?

GENETHLIAC

1) *Relating to a birthday, or to the casting of horoscopes;*

2) *Concerning the creation or production of life;*

3) *An elderly person who has four generations of descendants, i.e. a great-great-grandparent.*

DIALLING CODES

Telephone dialling pads combine several letters on one key. Here we have encoded several sets of words or items by using numbers rather than letters. Then we have divided them into groups of three characters and run all the names one after another to make your task a little more difficult. Can you crack the code?

Spaces and any punctuation marks are represented by 1.

1. *linguistic and grammatical terms*

266 872 284 661 278 425
317 737 674 846 616 686
123 532 848 318 372 177
334 228 318 367 317 278
424 753 178 278 268 483
134 646 884 83

2. *plants and flowers*

382 474 217 669 376 714
372 648 612 346 642 179
338 194 554 261 837 236
214 655 946 251 323 363
451 528 363 371 726 254
641 767 3

3. *countries where English is an official language*

473 526 312 262 321 227
223 671 226 376 661 746
427 673 174 454 774 637
152 624 221 725 478 261
866 421 536 921 768 841
237 422

4. *fields of scientific study*

226 878 427 162 326 647
274 918 476 564 912 682
691 688 748 466 127 876
666 913 686 665 649 143
638 427 172 346 564 917
626 842 7

5. *wines*

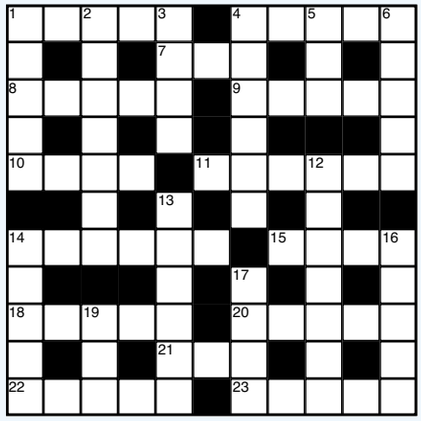
762 831 287 486 391 746
681 474 446 124 225 471
746 521 825 765 423 552
124 273 666 291 637 568
152 627 872 616 872 233
817 262 377 3

6. *parts of a ship*

845 537 192 737 666 162
781 269 136 446 317 666
178 333 714 653 126 661
624 672 451 485 515 335
126 246 714 264 929 124
543 176 67

SPORTSWORD

A test of knowledge for the sporting enthusiast



ACROSS

1. ----- Evert, female tennis player (5)
4. Stoke City's long throw expert (5)
7. --- Hartford, Scotland midfielder (3)
8. ----- Thomas, Wales outside-half (5)
9. Irish golfer who won the 2009 Irish Open (5)
10. ---- Fitzpatrick, All Blacks hooker (4)
11. Olga ------, 1972 Olympic gymnastics champion (6)
14. ------ Lady, winner of the 1986 Oaks (6)
15. & 21 Across. 1986 Grand National winner (4,3)
18. ----- Riva, Italian forward who played in the 1970 FIFA World Cup final (5)
20. Arsenal and England centre back (5)
21. See 15 Across
22. & 1 Down. 1964 Derby winner (5,5)
23. Snooker's world champion in 2002 (5)

DOWN

1. See 22 Across
2. Mark -------, 3000 metres steeplechase Olympic bronze medallist in 1988 (7)
3. ---- Sharks, rugby union club (4)
4. ------ Grant, men's high jump winner at the 1998 Commonwealth Games (6)
5. --- Hoad, twice Wimbledon men's singles champion (3)
6. Manager of Brighton & Hove Albion (5)
12. Mark -------, boxer who became WBA welterweight champion in 1989 (7)
13. ------ Koch, women's 400 metres world record holder (6)
14. Freddie -----, world light-heavyweight champion (5)
16. Mike -----, boxer (5)
17. ---- Verdi, 1998 Oaks winner (4)
19. --- Stark, Scottish equestrian (3)

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PERSONALITY PAIR-UP

Can you identify these six well-known personalities whose faces have been divided into two? Then, with the help of the three clues, can you pair the personalities into groups of two and also decide what links the members of each pair?
Score one point each for identifying who the personalities are, score a further point each for successfully pairing the three couples and a further point each for knowing the reasons why the personalities are linked. The maximum score is therefore 12 points.

A **B** **C** **D** **E** **F**

1 **2** **3** **4** **5** **6**

CLUE 1
As uncle and nephew, their empire rose and fell

CLUE 2
She turned him into a country boy

CLUE 3
Sounds like they were both young once

SIGNWORD

In this crossword the clues are printed in what would normally be the 'black' squares. Follow the signs from each clue to find where the word should fit.

Otherwise	Card game	Item of cutlery		Meat	Obese Funda-mental		Pin
				Knock Scarlet			
Control Tiled							
						Skin opening	
Hindu queen	Mature		Depression Possessive pronoun				Horse
				Swindle (slang)			
In smaller quantity		Jewelled headdress					
				Limb			

CON TRICK

■	T	■		S	S		R		D	■		■
D		G	S	■	L	■		■		W	N	S
■	D	■	K			P		N	G	■	D	■
S		W	S	■		■	S	■	S	H		T
W	■	H	■		P	P		R	■		■	
	X		S	T	S	■	S			R	C	
L	■	S	■	T	■	■	■	B	■		■	S
L		T	H		S	■	S			Z		D
	■	L	■	R		S	T	S	■		■	
D			T	■	R	■		■		N	L	Y
■	R	■	R			N	B		W	■		■
S		D		■	F	■	L	■	L		W	D
■	N	■	P		S	T		L	S	■	N	■

In this cross-word we have removed all the vowels and just left the conso-nants. Can you fill in the gaps, using only the five vowels (A, E, I, O, U) to complete the grid?

MAKE A DATE

In which year did all three of these significant historical events take place?

1. Barcelona, the capital of independent Catalunya, surrenders to Spanish forces during the War of the Spanish Succession.
2. George, the Elector of Hanover, becomes King George I of Great Britain.
3. Worcester College, Oxford, is founded.

WAS IT? a) 1704; b) 1714; c) 1724; d) 1734; e) 1744.

.... and in which year did all three of these events take place?

1. Energy giant Enron files for bankruptcy, becoming the largest corporate bankruptcy in US history.
2. Apple Computers releases its first iPod 'digital jukebox'.
3. UN Secretary-General Kofi Annan wins the Nobel Peace Prize.

WAS IT? a) 1999; b) 2000; c) 2001; d) 2002; e) 2003.

MISSING LINK

Each pair of words has a missing word between them that acts as a link to both (e.g. FRONT – DOOR – MAT). The initial letters of the six answers (reading downwards) will spell out a horse's pace.

SIDE	– – –	**BOOT**
REAL	– – –	**HOUSE**
NIGHT	– – – – –	**MAID**
BIG	– – –	**GEAR**
ELECTRIC	– – –	**TRAP**
GAS	– – – –	**MASTER**

COMMON LINK

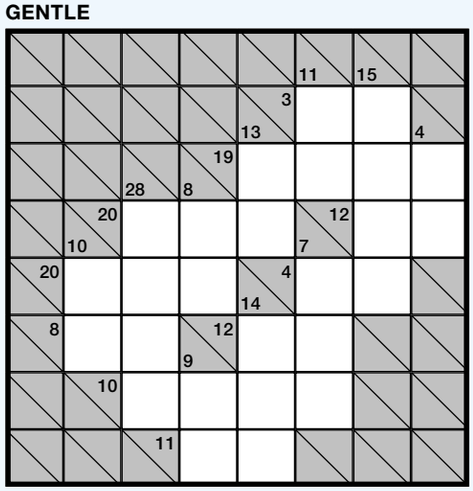
The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

1. Who produced the early James Bond films in association with Harry Saltzman?
2. What invertebrate marine echinoderm is eaten in the Far East as an aphrodisiac?
3. Which ancient market town stands among the Staffordshire hills on the banks of the River Churnet?
4. Which of Tennyson's poetic subjects was painted by John William Waterhouse and William Holman Hunt?
5. What is the stage name of comedian Robert Norman Davis, born in Birmingham in 1945?

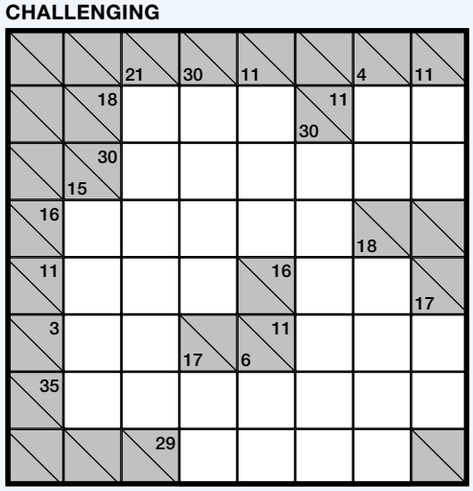
KAKURO

Fill in the blank squares in the grid with numbers so that each horizontal or vertical line adds up to the total given in the box either to the left or above it. Horizontal totals are given in the top right corners of the shaded boxes; vertical totals in the bottom left corners.You can use the numbers 1 to 9, but may not use the same number more than once in any run. The number may be used again, however, in the same row or column but as part of another run.

GENTLE



CHALLENGING



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9	2	15	22	23	12	10	6	23	■	2	26	16
14	■	26	■	6	■	14	■	6	■	6	■	15
24	1	14	6	20	26	17	■	25	24	5	16	26
■	■	20	■	11	■	14	■	24	■	23	■	20
12	6	13	24	■	9	15	22	■	3	24	15	26
23	■	■	■	15	26	22	12	10	■	10	■	14
23	9	15	24	12	5	■	9	26	21	21	6	20
24	■	12	■	5	6	8	2	25	■	■	■	9
5	12	6	13	■	9	12	25	■	4	6	18	24
7	■	20	■	24	■	10	■	10	■	13	■	■
10	12	7	24	10	■	10	24	12	20	24	23	25
24	■	26	■	23	■	26	■	11	■	12	■	12
13	24	19	■	24	17	16	15	24	23	23	24	13

ABCDEFGHIJKLMNOPQRSTUVWXYZ

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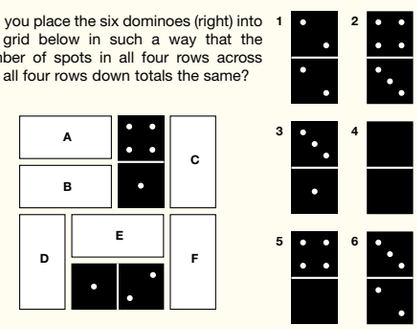

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Starting from the central shaded letter, move one letter at a time (up, down, right or left, but not diagonally) to find 12 house plants.

Y	C	T	E	A	E	I	C	H	S	T
C	I	O	L	F	R	Z	E	R	I	M
L	V	N	A	C	I	Z	N	S	A	A
A	M	E	N	Y	L	I	I	M	J	S
H	C	R	O	S	U	P	A	L	M	C
I	D	P	A	R	B	R	U	T	C	A
I	F	G	N	L	O	U	S	G	N	A
G	P	L	I	P	E	E	W	A	E	K
S	R	A	I	N	S	E	O	R	N	M
P	E	N	O	I	T	T	O	V	I	U
I	D	T	P	A	G	E	R	A	N	I

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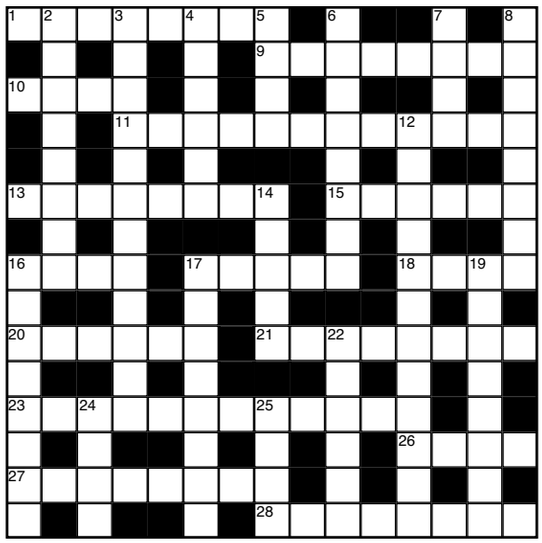
16. Six-winged celestial beings (8)
17. Apple brandy distilled from cider in northern France (8)
19. Old Spanish courtship dance with castanets (8)
22. ------ Rouge, cabaret in Montmartre, Paris (6)
24. Secluded corner (4)
25. Travel somewhere in a great hurry (4)



WORD WIZARD

Here is an unusual word with three definitions, only one of which is correct. Can you identify the right definition?

GENETHLIAC

1) ***Relating to a birthday, or to the casting of horoscopes;***

2) ***Concerning the creation or production of life;***

3) ***An elderly person who has four generations of descendants, i.e. a great-great-grandparent.***

DIALLING CODES

Telephone dialling pads combine several letters on one key. Here we have encoded several sets of words or items by using numbers rather than letters. Then we have divided them into groups of three characters and run all the names one after another to make your task a little more difficult. Can you crack the code?

1 [ ] ' –	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ

Spaces and any punctuation marks are represented by 1.

1. *linguistic and grammatical terms*

266 872 284 661 278 425
317 737 674 846 616 686
123 532 848 318 372 177
334 228 318 367 317 278
424 753 178 278 268 483
134 646 884 83

2. *plants and flowers*

382 474 217 669 376 714
372 648 612 346 642 179
338 194 554 261 837 236
214 655 946 251 323 363
451 528 363 371 726 254
641 767 3

3. *countries where English is an official language*

473 526 312 262 321 227
223 671 226 376 661 746
427 673 174 454 774 637
152 624 221 725 478 261
866 421 536 921 768 841
237 422

4. *fields of scientific study*

226 878 427 162 326 647
274 918 476 564 912 682
691 688 748 466 127 876
666 913 686 665 649 143
638 427 172 346 564 917
626 842 7

5. *wines*

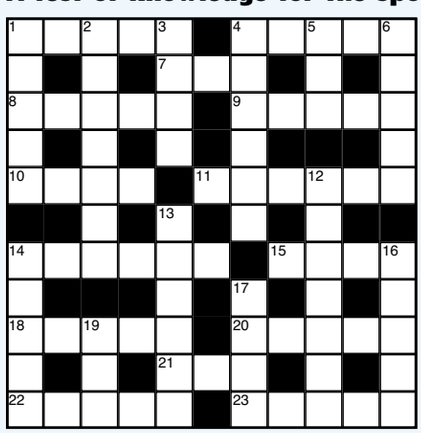
762 831 287 486 391 746
681 474 446 124 225 471
746 521 825 765 423 552
124 273 666 291 637 568
152 627 872 616 872 233
817 262 377 3

6. *parts of a ship*

845 537 192 737 666 162
781 269 136 446 317 666
178 333 714 653 126 661
624 672 451 485 515 335
126 246 714 264 929 124
543 176 67

SPORTSWORD

A test of knowledge for the sporting enthusiast



ACROSS

1. ----- Evert, female tennis player (5)
4. Stoke City's long throw expert (5)
7. --- Hartford, Scotland midfielder (3)
8. ----- Thomas, Wales outside-half (5)
9. Irish golfer who won the 2009 Irish Open (5)
10. ---- Fitzpatrick, All Blacks hooker (4)
11. Olga ------, 1972 Olympic gymnastics champion (6)
14. ------ Lady, winner of the 1986 Oaks (6)
15. & 21 Across. 1986 Grand National winner (4,3)
18. ----- Riva, Italian forward who played in the 1970 FIFA World Cup final (5)
20. Arsenal and England centre back (5)
21. See 15 Across
22. & 1 Down. 1964 Derby winner (5,5)
23. Snooker's world champion in 2002 (5)

DOWN

1. See 22 Across
2. Mark -------, 3000 metres steeplechase Olympic bronze medallist in 1988 (7)
3. ---- Sharks, rugby union club (4)
4. ------ Grant, men's high jump winner at the 1998 Commonwealth Games (6)
5. --- Hoad, twice Wimbledon men's singles champion (3)
6. Manager of Brighton & Hove Albion (5)
12. Mark -------, boxer who became WBA welterweight champion in 1989 (7)
13. ------ Koch, women's 400 metres world record holder (6)
14. Freddie -----, world light-heavyweight champion (5)
16. Mike -----, boxer (5)
17. ---- Verdi, 1998 Oaks winner (4)
19. --- Stark, Scottish equestrian (3)

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Japanese cars top reliability poll

JAPANESE cars are the most reliable, according to a new survey.

What Car? and Warranty Direct research has revealed that Honda is the most reliable used car brand in the UK for the seventh consecutive year.

Honda, Toyota and Lexus cars took the first three places in the reliability table, based on 50,000 Warranty Direct policies for cars between three and 10 years old, which showed that Hondas have only a 10 per cent chance of breaking down in any given 12-month period.

The rate for Toyota was 17 per cent and for Lexus 18 per cent, with Japanese models dominating the top 10 in the reliability table.

In contrast, Land Rover was 36th and last in the table for reliability, with a breakdown rate of 71 per cent.

Luxury cars such as Jaguar (43 per cent breakdown rate) and Mercedes-Benz (45 per cent) were towards the bottom of the table.

Just one non-Far East manufacturer – Chrysler – made it into the top 10. It also has the lowest average repair bill, £227, of the most reliable marques. Unsurprisingly, Porsche models are the most expensive to repair, with an eye-watering average garage bill of £623.

What Car? editor in chief Chas Hallett said: "Reliability is so important to motorists, especially when times are tough. Japanese car makers really do deliver on reliability and Honda is exceptionally good at this.

"What will be surprising to many is the fact that several of the more desirable brands did not fare so well regarding reliability, and the cost of their repairs are high. They need to do better."

The full table shows the average mileage at which the marque's models break down, and the subsequent failure rate:

1 Honda	47,190	10%
2 Toyota	47,610	17%
3 Lexus	51,016	18%
4 Suzuki	35,612	19%
5 Subaru	57,403	20%
6= Hyundai	51,776	21%
6= Mazda	44,510	21%
6=Mitsubishi	48,693	21%
9 Chevrolet	30,468	22%
10 Nissan	46,356	25%
11 Kia	44,310	26%
12=Ford	51,207	31%
12=Skoda	49,827	31%
14 Citroën	46,712	32%
15= Peugeot	48,770	35%
15= Daewoo	40,6281	35%
15= Smart	36,3811	35%
18 Mini	40,8121	37%
19 Fiat	44,214	38%
20= Seat	50,2231	39%
20= VW	53,0001	39%
20= Volvo	59,4821	39%
20= Porsche	38,7422	39%

HONDA: Has earned itself a huge army of fans with well-built car range

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LOW MILEAGE SECTION
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2009 (09) TOYOTA COROLLA VERSO, 1 owner, full history, 37,000 miles, 15,000 WTI, T2 in silver, 7 seats £7,795
2008 (58) VAUXHALL CORSA Club Automatic, only 26,000 miles, 5dr, air con, CD player, full history £6,495
2010 (10) NISSAN MICRA VISIA 3DR, 1.3, 47.9 MPG, silver, one owner, full service history £5,995
2010 (10) SKODA FABIA 1 HTP 60 5DR, 1.2 petrol, one owner, full service history £5,995
2009 (09) NISSAN MICRA VISIA, 1.2 petrol, 18,000 miles £5,795
2006 (06) SEAT ALTEA REFERENCE, 1.6 petrol, 45,800 miles £4,795
2007 (57) RENAULT CLIO 1.2 CAMPUS, only 39,000 miles, one owner £4,495
2001 (51) MAZDA TRIBUTE 4WD, V6, auto, only 30,000 miles. £2,995

QUALITY USED VEHICLES
2009 (09) NISSAN NOTE TEKNA DCi 1.4, top of the range with sat nav, only £30 RFL, one owner, full history, 55,000 miles £7,495
2005 (05) LAND ROVER FREELANDER ADVENTURA, 2.0 TD, 5 dr estate, only 46,000 miles £6,995
2010 (10) SUZUKI ALTO 1.0 S24 AUTO, black, air con, electric windows, 6,900 miles £5,850
2008 (08) VAUXHALL ASTRA CLUB, estate, diesel, 83,430 miles £4,995
2006 (56) VAUXHALL ASTRA LIFE, estate, diesel, 46,504 miles £4,395
2007 (07) VAUXHALL ASTRA LIFE, estate, diesel, 62,000 miles £4,295
2007 (07) VAUXHALL ASTRA LIFE, estate, diesel, 67,413 miles £4,295
2006 (56) VAUXHALL ASTRA LIFE, estate, diesel, 84,449 miles £3,995
2001 (Y) FIAT BRAVA 100 ELX JTD 5DR, blue, 47,000 miles £1,695
2000 (X) RENAULT MEGANE Scenic Alize £1,500
1999 (S) FORD FIESTA GHIA 16v 5DR HATCH, black, 76,481 miles .. £1,495

COMMERCIAL VEHICLES
2009 (09) CITROEN DISPATCH 1.6 HDi 190 SWB, white, 29,889 miles ..... £7,395 + VAT
2008 (58) PEUGEOT PARTNER VAN, one owner, full history, finished in white ..... £5,500 + VAT
2009 (09) CITROEN BERLINGO 625 X HDi 75, white, 32,260 miles ..... £5,495 + VAT
2008 (08) VAUXHALL CORSA VAN 1248cc Diesel, only 23,000 miles, one owner full history, ply lined, silver, excellent condition £4,995 + VAT
2008 (08) VAUXHALL CORSA VAN, 1248 cc Diesel, only 42,000 miles, one owner, full history, ply lined, silver, excellent condition £4,795 + VAT
2006 (56) PEUGEOT EXPERT 815D, diesel, white, twin side loading doors ..... £4,295 + VAT
2005 (05) FORD TRANSIT CONNECT L220 SWB, white, 79,000 miles ..... £3,895 + VAT

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2003 (03) FORD TRANSIT 350 LWB, High Roof, 185,000 miles £1,995 No VAT

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OFF THEY GO: Will Punchard, left and Jon House set off from the MG Owners Club in Swavesey for their 5,300-mile charity fundraiser to the Baltic Sea

Local heroes set off on Baltic odyssey

TEN DAYS ago a Mineral Blue 1969 MGB roadster began an awesome 5,300 mile journey to the Baltic Sea.

Departing from the MG Owners' Club HQ in Swavesey, Will Punchard, aged 29 and Jon House, 30, aim to drive through 13 countries.

Jon's father sadly passed away from leukaemia last year, so all money raised will go to The Leukaemia and Lymphoma Research, a charity dear to both of their hearts.

Will, who works in the spares department at the MG Owners' Club, said that the iconic British Sports car was the only real choice when planning the journey.

His companion for the route, Jon, an archaeologist, said he feels relaxed about the trip, but is worried about bears.

The duo, who have already raised more than £3,250, will drive through Germany, Russia and Poland (to name a few) and by night will camp in tents alongside the car.

More at *www.mgbaroundthesea.blogspot.co.uk.*

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New colours, interiors for Fiat 500

THE popular Fiat 500 city car, which recently smashed through the 100,000 sales mark in the UK (more than 102,000 at the end of June), has been further improved with a range of bold new colours and upgraded interior trims that better match the exterior.

Six stunning new colours are introduced: Countrypolitan Yellow and New Age Cream solid paints, and Groove Metal Grey, Epic Blue, Chillout Purple and Idol Pink metallics.

New Chocolate brown/Ivory fabric and Grey/Black fabric interior trim has also been introduced for the interior. New two-tone leather trims will be available at the end of the year, replacing and enhancing the current leather finishes.

BRIGHTER: The new Fiat 500 in Countrypolitan Yellow

A new 'short-fin design' antenna and 15-inch alloy wheels are also part of the design upgrade. Despite the product improvements, prices for the Fiat 500 have not changed, and the car still represents outstanding value for money.

The Fiat 500 range starts at £9,960 for the 1.2 Pop, rising to £19,060 for the 500CbyGucci TwinAir.

Go to *www.emgmotorgroup.com* or call 08442 470 797 for further information.

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15 MOTORS

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HONDA CRV 1997

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£800.

Tel. 01480 451237

Caravans - Camping

V.W T.25 Camper 1.9 petrol engine

Tax, Full MOT for the year, Cooker and fridge and sink with water tank, sleeps four, Good condition

£5,250

SOLD

BAILEY SENATOR OKLAHOMA

22ft, 2004, 4 berth, fully equipped, c/h, hot water system, awning/tyres as new, satellite system, serviced yearly, CRIS reg'd, non smoker/animals, immaculate

£7,500 ono
07787 542193

Caravans - Camping

AUTOTRAIL CHEYENNE 584 MOTORHOME

4 berth, on Fiat Ducato chassis, 2.5 diesel, 29,000 miles, 10 months MOT, vgc, service history, ready to go

£10,250

07960 780588

1998 Willerby Granada 35 x 12

Ex private holiday home, 2 Bedrooms, Shower room, Sleeps 6, Excellent condition

£3,950 ono

01480 880842
01480 472952

2002 Bailey Monarch

2 berth, End bathroom, Seperate shower, Cassette WC, Motor mover, Awning, TV aerial, Cooker, Fridge, Fly screens, Blinds, Ducted heating, CRIS registered

£4,500

01954 212386

ABBEY ARCHWAY ELEGANCE 2002

2 berth, L shaped lounge, end washroom, oven and fridge, Alko hitch/ stabiliser, CRIS registered, includes porch awning, blinds and fly screens, blown air heating, very good condition, no damp, ready to go

£5,100 ono

07836 582769
nr Ely

Atlas Fanfare Caravan

Year 2000, 35 x 10, 3 bedrooms (8 berth), Excellent condition, Naze Marine, Walton on the Naze

£6,995 ono includes decking

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Caravans & Trailers

1996 COMPASS CONNOISSEUR 490/4

4 berth caravan, remote control mover, full awning, hot/ cold water etc, shower, W/C, 3 way fridge, gas/ elec, TV arial, blinds & screens, CRIS registered, vgc

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PLEASE NO SCRAP

Mopeds

Piaggio Zip SP

58 plate, 14,000km, New panels, Tuned to a high standard, Very nice looking bike, Tax and MOT until December

£950

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Piaggio X7 125cc

1 Owner - Registered March 2010, Excellent condition, Includes Piaggio combined leg and seat cover, 3,000km only, Full service history - Taxed until March 2013

£1,500 ono

01799 524999

Keeway F-ACT 50

10 plate (June 2010), Blue/White, 2,400 miles, Good condition, Service history

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Any condition/ any age!

Crashed, Damaged, Non-runners

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Dragstar in the UK, 650cc, low mileage only 8,666, red & silver, 2005 registered, 3 owners, taxed November 2012, 12 months MOT, very good condition

£3,100

07504 269677
01223 575449

HONDA VFR 800

782cc, 2003, 36,000 miles, taxed until end December 2012, 11 months MOT, last serviced June 2012, one previous owner, Honda heated grips, MRA vario touring screen, side cases with inner bags & 2 keys, new battery May 2012, Bridgestone tyres, bike has been lovingly looked after

£3,695 ono

07810 503672

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5 door hatchback, Blue, Diesel, Manual transmission, Front E/W, Body coloured bumpers, Electric heated door mirrors, Radio/CD player, PAS, 110,000 miles

£5,000

01223 550823

Audi TT 1.8 Quattro

Excellent Condition, Black, 2 door, 225 BHP, Part leather/ part suede, FSH, Petrol, 4 recently replaced tyres, Heated seats & wing mirrors, 11 months MOT, 5 months Tax, 107,000 miles

£3,995

Please contact Lee Runham on 07753 326108

BMW

BMW 320d Efficient Dynamic

Manual, 68.9 MPG, 163 BHP, One owner, Full BMW Main dealer service history, Excellent condition all round, Very reliable and economical car, Motor Tax only 20 per year, 111,000 miles

£9,000 ovno

07836 259161

1999 (V) BMW 323i convertible

Silver, 98k, Immobiliser, M-Tech body kit, Alloys, Switchable sport auto gearbox, Rear parking sensors, E/Roof, E/W, E/M, E/front seats, M-Tech steering wheel, Driver/passenger airbags, C/C, A/C, Front centre armrest, Radio/CD, FSH (just serviced), MOT Jul '12, Great car in vgc

£2,950 ono

07753 744557

BMW X5 3.0i SPORT

Auto, very low mileage, metallic green, leather, alloys, CD multichanger, alarm, immob, r/c/l, ABS, a/b, PAS, park distance control, cruise control, e/w, air con, climate, front fog lights, FSH, ex cond

£7,950 ono

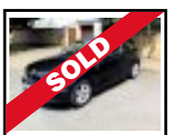
07783 733282
07543 045879

BMW 1 Series 116i

4 door, 6 speed, Manual, 2007 (57 plate), Black, 48,000 miles, Full BMW service history, Tax & MOT until Oct 2012

£7,295 ono

07515 967505



BMW 1 SERIES

118d SE, 2.0L, 6 Speed manual, 3 door, Diesel, 2008 (08), Monaco blue, 57,000 miles, usual BMW refinements, FBMWSH, £30 per year road tax, approx 60mpg, MOT May 13, Tax Dec 12

£8,450
Sold

BMW 323Ci Coupe

In topaz blue, Anthracite cloth interior 2000, 126,000 miles, With FSH, Taxed to end December, MOT to April 2013, 7,700 miles to next service, A\C, Cruise control, CD multichanger, Excellent condition & very reliable

£1,995

07792 329361

Commercials

Renault Master 2.8 TDI SWB

1998, White, MOT July, Maintenance, 2 owners from new, History, Good drive, Bargain

£1,000

01799 502702

Renault Master SL28 DCI

2001, White, MOT Sept, Short wheel base, Drives great, 2 owners from new, Maintenance history, Bargain van

£2,000

01799 502702

Ford Transit Diesel SWB

1997, R Reg, MOT until end Oct, Tax until end Sept, 147,000 miles, Ply lined inside, Roof rack, Recent Cambelt change

£550 ono

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Sport on Monday Cambridge News

Commercials

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Piped and in good condition, 2005, Including 3 buckets

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Ford

FORD KA 06 Reg 1.3i [70]

Tax & MOT May 2013, Manual, Hatchback, Petrol, 89,300 miles, Blue, 1 Lady owner from new, Ideal first car

£1,300
SOLD

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Don't miss our new-look drive supplement every Friday in the Cambridge News
100's of new & used cars for sale

Mazda

Mazda MX-5 1.6i Convertible

2 door, petrol, 1997, R reg'd, Red, 87,750 miles, black interior, 12 months MOT, 8 months tax, Sony radio/CD player + IPOD connector, recent mohair hood, last of the pop up head lights, great condition, this little sports car is great fun to drive at a great price

£1,200
07990 586320

Mercedes

Mercedes CLK 55 AMG Cabriolet Convertible

2 door, 2004, Automatic, Petrol, 70,000 miles, Metallic silver, Leather upholstery, Sat nav, Alloys, Radio/CD multichanger, Front and rear E/W, Traction control, R/C/L, Heated door mirrors, Heated front seats, Alarm, Parking sensors, Excellent condition

£10,995 ono
07811 335826/ 01763 249999

Daewoo

Daewoo Lanos 1.4 SE

Petrol, 2001 Y reg, White, 75,000 miles, ABS, CD, Airbag, E/W, P/S, MOT 9 months, Tax 6 months, very good condition

£750
07780 641095

MAN SKIP LORRY 7.5 Tonnes

1998. Excellent condition. Regularly maintained every 6 weeks. 5 new tyres. 2 new batteries. Tested and Taxed. With 10 recently new skips. Ready for work

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Ford Ka 1.2 L

Low Miles, Taxed, Long MOT, Drives Excellent, Economical,2001 Model, W-Reg

£850
01223 242595
07514 089048 t

FORD Fusion 2 1.4, 5 door, 2004, 04 Plate, Met. Vitro Green, Only 41,000 miles, F.S.H. 2 Owners, P.A.S. C/locking, E/windows, Airbags, Air con, Radio/C.D. Player, Colour Coded Bumpers, Immobiliser, Long M.O.T. Warranty, Excellent Condition, £3350 01799 584327 07779 557267 www.rowleyscars.co.uk T

Ford

Ford Focus Saloon 2.0L Ghia

2001, 98,000 miles, Black, Tax Dec '12, MOT June '13, Leather interior, Manual, 6 CD auto, A\C etc, 1 previous owner, Clean comfortable ride

£1,100
07837 262420

FORD FOCUS 2005

2ltr. Ghia. Dark Met. Blue. Cruise control. Heated seats and front screen. Full beige leather interior. Service history. 12 mths MOT. Very clean car.

£2,995 ono
01480 212462 OR 01954 782220

Honda

Honda Civic 1.8 i-vtec special edition

2009 (09), Only 17,000 miles, Alloys, Leather interior, 6 speed manual, Petrol, 1 lady owner, MOT until March, Tax Oct, FSH, Service plan paid to 2015, Excellent condition

£8,999
01223 501322
07907 995531

Land Rover

Land Rover Discovery 3

TDV6 XS - 7 Seater (Manual), 2007 (07), Zermatt silver, FLRSH, 68,000 miles only, 12 months MOT/ 6 months Tax, Recently new tyres all round, Bluetooth, Full size spare

£14,995 ono
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Mazda

Mazda 2 Sport 09

Petrol 1.5L, vgc, MOT & Tax until Aug 2013, 1 lady owner from new, FSH, 44,000 miles

£5,900
07780 009387
01353 774785

Mercedes

Mercedes 200c Compressor Sport Hatchback

2002, Economical 6 speed, Panoramic roof, Below average miles, Good condition, FSH, Recently serviced, 9 months MOT, Tax until end of the year

£2,100
07910 573374

Mercedes-Benz 230 SLK Roaster

1999, Blue, A\C, 12 track stereo system, electric hard top, automatic/manual gearbox, usual mercedes fittings, sold with 1 year MOT, leather interior, private plate, economical to run, excellent condition

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Peugeot

Peugeot SW 307

1.6 SE 5 door Estate, Manual, Petrol, 2007, Metallic gun metal grey, A\C, Climate, Cruise Control, Immobiliser, P/S, E/S/Roof, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, Multi airbags, Tow bar, 10 months MOT, 6 months tax

£5,000 ono
01223 882010

Fiat

FIAT Panda 1.2 Dynamic, November 2008 (08), 1 Owner, Economical, 33,000 Miles, F.S.H. Blue, C.D. Player, 5 Speed/Door, Just Serviced, Great Condition, £4,295 Tel: 01223 893760 t.

FIAT Punto S60 1999, 5 door, 81k, MOT March 2013, Tax October 2012, service history, recent Pirelli tyres, good condition. £450. Tel: 07519 287600.

Honda

Honda CRV 1-V TEC SE Sport Estate

Blue, 08-10-2002, 2.0 cc Petrol, 97,000 miles, MOT and Tax, Tow bar and service history, Very good condition

£3,250 ono
07901 808146

Honda CRV 2003 SC Sport

Metallic blue, 97,000 miles, Manual, S/Roof, E/W, A\C, FSH, 12 months MOT, 11 months Tax, Excellent condition

£3,900 ono
07833 102439

Honda Accord 1.8iS

1998, manual, great condition, air con, long MOT, taxed, dark green with dark grey interior, 2 previous owners, low mileage for year

£995
01487 814418

Hyundai

HYUNDAI MATRIX 1.6 GSi 5dr Auto Estate

5 Door Estate, Silver, Petrol, Automatic, 3x3 point rear seat belts, Height adjustable drivers seat, Roof rails, Heated door mirrors, PAS, Passenger airbag, 11 months MOT & 4 months Tax, Only 33,000 miles

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Land Rover 1996

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01799 529506
07748 823811
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Land Rover Series 3 2.5

Petrol, Tax exempt, recently fitted lots of new parts, good all-round condition

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07901 136502

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01279 777434

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Mazda MX-5 Eunos

1992, K reg, 1.6, Green, Crome rollbar, 114,000 miles, Alloys, New cambelt, MOT till May 13, Tax August 12, nice littlel car

£1,450 ono
01440 714227

Too new to view

Mazda MX-5 MK2 1.8

Petrol, 1997, Green, 102,000 miles, CD, heated rear window, recent mohair hood & cambelt, full service history, manual, Excellent condition, Tax end November, alloys, MOT March 2013

£2,225 ono
07941 602957

Mazda MX-5 Convertible

Petrol, Manual, Year 2000, Bronze, 59,400 miles, 2 Owners, (Lady owner last 6 years), CD, Heated rear window, recent replacement hood, Great tyres, FSH and old MOT's, MOT until 21/03/2013, Excellent condition

£2,600 ono
01279 815480
07958 166119

Mazda Bongo

M Reg, 2490cc, Silver, Road Tax end Sept 2012, MOT May 2013, 73,000 miles, Diesel, Automatic, ABS, A\C, Elevating roof, Window blinds, CD player, Original carpets, 8 seater suitable for conversion, Good condition throughout

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07811 905373

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John Remington
07768 993077

Mini Cooper

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£3,999
01440 704538

Nissan

Nissan Figaro 1991 1L Petrol

Automatic, A\C, 10 months Tax and MOT, Just serviced, 67,000 miles, Right hand drive, Excellent car

£4,500 ono
01480 457118
07808 217031

Nissan

NISSAN Micra 1.2 Sport, 5 door, 2005, 05 Plate, Silver, Only 25,000 miles, F.S.H. P.A.S. C/locking, E/windows, Airbags, Radio/C.D. Player, Air con, Alloys, Colour Coded Bumpers & Mirrors, Immobiliser, Long M.O.T. Warranty, 50 mpg Excellent Condition, £3995 01799 584327 07779 557267 www.rowleyscars.co.uk T

Peugeot

Peugeot 206

3 door hatchback, May 2005, Petrol, 45,000 miles, 2 owners, Tax and insured, Good condition

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Peugeot 306 1.6 GLX

2000, W-Reg, Only 86,000 Miles, Full Service History, MOT Until January 2013, 6 Months Road Tax, 5 Door, Air Con, Power Steering, Alloy Wheels, C.D. Player, Low Insurance, Excellent Condition

£750
07881 633006
01223 214818 t

Peugeot 206 LX

Petrol, X reg, Silver, 96,000 miles, A\C, CD, Airbag, E/W, Leather, P/S, MOT, S/Roof, Tax, good condition

£900
01763 243679

Peugeot 307 XSI 1.4V Petrol

Silver, 5 door hatchback, 57,114 miles, Registered Nov 2004, CD/Radio, Slight damage to rear near side wheel arch, MOT until October 2012, Tax until end October 2012

£2,200 ono
07854 785462

2003 Black Peugeot 206 "look"

1 previous owner, 80,000 miles, 1 years MOT

£1,875 ovno
Call/ Text
07769 268641

Peugeot 306 1.6 GLX

2000, W-Reg, Only 86,000 Miles, Full Service History, MOT Until January 2013, 6 Months Road Tax, 5 Door, Air Con, Power Steering, Alloy Wheels, C.D. Player, Low Insurance, Excellent Condition

£850
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01223 214818 t

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Porsche 944 Lux

MOT until October, Taxed until March 2013. Mechanics good, Bodywork good, interior tatty hence

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01799 540599

Renault

2004 Renault Espace 2.2 DCI

7 seat Grey, Diesel, Automatic, Steering wheel adjustment, Cruise control, Electric windows/ mirrors, Armrests, Airbags, Alloys, Tow bar, Service history, 6 months Tax, MOT 04/13, 91k - 5 keepers, Excellent condition

£3,100

07729 003495

Renault Megane II Estate 2005 1.6L Petrol

5 doors, Manual, Metallic blue, Taxed, MOT-04-2013,FSH with all bills, 3 owners, 79k, All last MOT's available, Expression model with panoramic electric S/Roof, Electric front & rear windows, A\C has just been serviced, vgc, Must be seen

£2,495 ono

07941 788547

Renault Megane FiDJi 16v

Petrol, 2002, Green, 5 door hatchback, MoT April 2013 1/2 leather, radio/CD, recent cambelt and water pump, front brake, pads & shoes and battery all replaced, one lady owner

£1,100 ono

07747 772235

Renault Scenic Dynamique S 1.6 VVT

57/ 07, metallic grey, 40,000 miles, A\C, E/W, 6 speed, black leather/ cloth interior, radio/ CD, 8 months MoT, 2 months Tax, vgc

£4,600 ono

07811 355938

Renault

Renault Megane Sport Cabriolet

2000 (W), 1600 16v, Silver, Blue electric hood, 112,000 miles, Good order

£995 ono

St. Neots

01480 470478

07545 767729

Renault Clio 1.2 Biarritz

1998, R-Reg, Only 62,000 Miles, Serviced, MOT until December 2012, 6 Months, Road Tax, 3 Door, Low Insurance, Stereo, Excellent Condition

£695

01223 214818

07881 633006 t

Rover-MG

ROVER 25 2003 1.4 IL Petrol

3 door hatchback, 46,000 miles, Metallic green, 3 owners, Full service history, MOT March 2013, Remote central locking, Electric front windows, Driver's airbag, Air conditioning

£1,500

07849 322741

Saab

Saab 93 Auto 2.0T Aero Estate

Only 33k, Immaculate inside & out, Black with 2 tone leather, CD, C/L, Cruise, Dual climate control, ABS, Unmarked alloys, E/M, Used as second car, Drives like new, Hence the 33k, Dec 2006 (56) Reg, FSH, MOT May '13, Tax Dec '12

£5,550

07917 662425

Haverhill

Seat

SEAT IBIZA 1.4 Sport

Rare 5 door, 2005, Hatchback, Petrol, Manual, RCL, Sports seats, A\C, PAS, ABS, Alarm, 15" Alloys, Radio FM/AM/CD, Front/rear fog lights, E/F/W, Outside temp guage, 20/30,000 mile services carried out by Marshalls, 52k, One lady owner from new

£3,995 ono

07814 844272

Seat

2006 Seat Ibiza 1.4 Sport

3 door, 36,500 miles, A\C, Isofix, PAS, Alloys, Taxed Jan '13, FSH, MOT and Service April '13, Good condition, Very reliable runner

£3,400

07765 332997

01638 741767

Toyota

Toyota Yaris 2005 1.3 Colour Collection

5 door, Petrol, Manual, CD, A/C, 47,000 miles, Tax Sept 2012, MOT May 2013, FSH to May 2010

£3,600

St Ives

07966 297711

TOYOTA Yaris 1.4 D-4D, Diesel, 5 door, 2007, 57 Plate, Silver, Only 36,000 miles, F.T.S.H. P.A.S. C/locking, E/windows, Airbags, Radio/C.D. Player, Colour Coded Bumpers, Immobiliser, M.O.T. Warranty, 60 mpg, Excellent Condition, £5750 01799 584327 07779 557267 www.rowleyscars.co.uk T

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Vauxhall

Vauxhall Vectra

1796cc, 5 door hatchback, Petrol, 2002, Light navy blue, Alarm, CD, E/W, P/S, long MOT, Excellent condition, First to see will buy

£800 ono

07790 360724

VW Golf GTi

Very Nice Condition, Air Con, Radio C.D. MOT, 1998

£850

01223 242595

07514 089048 t

Vauxhall Vectra Auto

1.8 Arctic, 1999 (T), Dark Blue, 86k Miles, 2 Owners, Air Con, E/W, F.S.H. Alloys, New Cambelt, MOT May 2013, Immaculate Condition

£950

01638 743735

07925 435591

Cambridge t

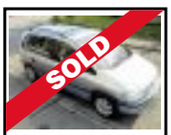
Vauxhall

Vauxhall Meriva 2005

Turbo Diesel, 47,500 miles, Manual, E/W, CD player, A\C, 5 door, Alloy wheels, Tinted windows, Long MOT

£4,999 ovno

07789 115962



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Vauxhall Zafira 1.8 Elegance 2000

X reg Automatic, 7 seater, Silver, Black Leather interior, 92,000 miles, CD, Alloys, A\C, FSH, MOT till January 2013, Tax till end July 2012, Excellent condition, First to see will buy

£1,850

Sold

Vauxhall Corsa 1.0 L Elegance

2003 (52), Light Met Blue, 3 Door, 78,000 Miles, MOT January 2013, FSH, Air Con, E/W, Radio/CD, 3 Owners, Low Insurance Gp, Immaculate Condition

£1,750

07925 435591

01638 743735

Cambridge t

VAUXHALL Vectra Estate 1.8i 16V, 1997, Petrol, 5 Speed, Air Con, F.S.H. Silver, C.D. Player, C/Locking, Alloys, Good Condition, 1 Years MOT, £795 Tel: 01223 893760 t.

Volkswagen

VW Beetle Cabriolet Convertible

1596cc, Petrol, 2004, Bue, 45,000 miles, Tax to end October 2012, MOT to mid November 2012, Service history, Good condition

£5,250 ono

07842 827297

Nr Royston

SOLD

2003 VW Polo 1.2L

82k, 3 door hatchback, Red, Petrol, Manual, F/E/W, A\C, Rear headrests, Spare wheel, Body coloured bumpers, Airbags, 11 Month MOT, Tax end of July '12, House move forces sale, Good condition inside & out, Original suspension components & steel wheels included in sale

£1,800

Sold

Volkswagen

VW CORRADO VR6

M reg'd, 1995, 120,000 miles, FSH, maintained regardless of cost, recent ABS Pump, Cobra Alarm, heater Matrix, refurbished original alloys, untouched & completely original, great condition, 6 months Tax & MOT, reluctant sale, lovely car

£2,750 ono

07807 187775

VW Golf GTI 1.8T

2000, Silver, Tax Nov '12, MOT March '13, A\C, CD multichanger, Full electrics, Recaro sport seats, Service history, 81k, Excellent condition

£2,150 ono

01954 267583

Volkswagen Polo 1.2 E55

Only 23,000 miles, FSH mainly VW, 2005, 5 door, Petrol, Metallic silver, Thatcham alarm, CD, Excellent condition throughout, MOT Sept, Tax Nov, Reliable & economical, Cheap to Tax, CO2 142g/km

£3,995

01799 540459

07789 145454

VW Passat Estate 1.9 TDI Highline 130

Nov 2004 (54), Samoa Red (pearl), 52,000 miles, FSH, MOT, 1 lady owner from new, Cruise Control, A\C, Leather, ABS, ESP, PAS, Rear Tints, Fogs

£3,800 ono

01954 232976

Volvo

Volvo V70 SE D5 Estate

2007, auto, diesel, 185 BHP, metallic dark blue, 57,000 miles, all extras plus entertainment package, excellent condition, FSH

£10,250

07754 154165

SOLD

Volvo S40

Petrol, 2003, Red, 93600 miles, MOT till December, no tax, good condition, good tyres, service history.

£1750 ono

Sold

Volvo S60 2.4TS 2002

95,000 miles, 6 months Tax, 11 months MOT, Good condition, Alot of service history, Very comfortable, E/W front & Rear, S/S exhaust as Org rusted, A\C, New front ARB links, Front tyres and rear disks

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07999 566166

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VOLVO V40 ESTATE 1.8

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01799 524404

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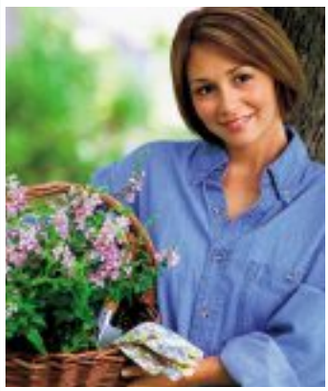

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Sport on Monday Cambridge News

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7 PETS & LIVESTOCK

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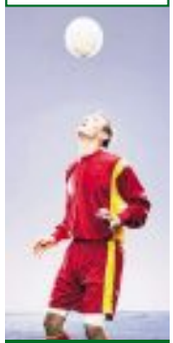

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Two days per week, Thursday and Friday.
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E-mail: recruitment@ivorsearle.co.uk

For further information on Ivor Searle Limited please visit our comprehensive website: www.ivorsearle.co.uk

COMMUNITY NAVIGATOR PROJECT POSTS

Fixed term for 3 years

Care Network Cambridgeshire is a local charity committed to improving the lives of older and vulnerable people. Our Community Navigator work requires new staff to help improve the information and access to provision which older people need to remain active and independent.

Community Navigator County Manager
37 hr/week £28,455

Based at our head office in Hardwick, you will build and lead a team of six staff to identify, train support and monitor individuals to act as Community Navigators. These volunteer navigators will enable older people to access activities and services to maintain their quality of life and independence. You will have knowledge of adult health and social care policy and practice, experience of starting or expanding other projects and ideally of leading a local public or voluntary sector team.

Community Navigator District Coordinators
37 hr/week (5 posts) £21,700

As part of the Care Network Community Navigator team you will identify, train support and monitor individuals to act as Community Navigators – see above. There are opportunities to be based in Cambridge, Hardwick, Ely, Wisbech or Huntingdon. You will have experience of working in community development, adult health or social care, or a similar role. You will be enthusiastic and motivated to improve the lives of older and vulnerable people. Voluntary sector experience would be an asset.

Community Navigator Project Support Officer
30 – 37 hr/week £20,410 pro rata

You will provide administrative support for the Community Navigator team and help them meet requests for the service – see above. You will have excellent IT skills and be able to use data to produce powerful and meaningful reports. You need to be well-organised, a good communicator, numerate, reliable and discreet.

For application pack email admin@care-network.org.uk or call 01954-211919. Closing date: 12.00 midday on 20 Aug 2012. Interviews W/B 27 Aug. Care Network, Broadway House, 149-151 St Neots Rd, Hardwick, Cambridge, CB23 7QJ. Charity number 1120693; registered in England & Wales.

There are also vacancies for volunteers to visit older people for 2-3 weeks to provide practical help in the home or support after a stay in hospital. Contact details as above for information.

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As well as a very competitive basic salary in line with your skills and experience we also offer a generous monthly bonus scheme, team based incentives and other company benefits

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To apply, please email your CV and covering letter to jenny.pyle@resource-management.co.uk or call 0117 915 0380 for further information

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We are seeking to recruit suitably qualified and enthusiastic staff to the following support vacancies, required from September 2012:

Design and Technology Technician — **Temporary**
Full-time, term time only • Salary range: £16,165 – £17,263 (pro rata)
This role is to provide a full technical support service to staff and students involved with the Design and Technology courses. Experience of general workshop skills and knowledge of the safe handling of workshop machinery are essential requirements for this post.

Digital Art Trainer/Technician — **Temporary**
Full-time, term time only • Salary range: £17,614 – £19,483 (pro rata)
Helping to deliver an Adobe Photoshop induction through a structured programme, you will support students in executing their digitally-oriented projects. An in-depth knowledge of Photoshop CS 5.5 on Mac OSX is a requirement, as is a good knowledge of Mac hardware and digital cameras.

Expressive Arts Technician — **Temporary**
Part-time, term time only • Salary range: £16,165 – £17,263 (pro rata)
Providing a technical service to staff and students in the Humanities, Media and Expressive Arts department, you will take responsibility for maintaining equipment and supporting Music, Drama, Dance and Performing Arts courses and projects. This post is for 18.5 hours per week.

Foreign Language Assistants (French and Spanish) — **Temporary**
Part-time, term time only • £16.86 per hour
Providing support to staff and students involved with courses in French and Spanish, you will conduct conversation lessons with students. These posts would suit fluent speakers of French and/or Spanish.

For further details and an application pack, please see our website, email personnel@longroad.ac.uk or telephone Personnel directly on 01223 507401.

Closing date: Noon on Monday, 20 August 2012. **Interview date: from Wednesday, 29 August 2012.**

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General Vacancies

MEDIA SALES

Cambridge Newspapers Ltd is the area's leading regional newspaper publisher and part of Iliffe News & media East. Our titles include the award-winning Cambridge News and CB Magazine and a wide range of weekly newspapers, regional magazines and websites across Cambridgeshire.

Media Sales Consultants and Advisors

The successful applicants will be responsible for selling advertising into our portfolio of publications and online products. Working to deadlines, you will sell to existing clients, as well as generating new business.

We have a number of roles located across our offices based in Saffron Walden, St Neots and Milton, Cambridge.

These positions would best suit someone with previous sales experience, although applications from outgoing, confident individuals who are well organised, professional and keen to develop their sales skills would be welcome. Full and ongoing training will be provided, but you will need to be focused on delivering high standards of customer service and representing our business with people at all levels.

We pride ourselves on recruiting and developing the best people and offer a competitive salary, generous bonus structure and company car (Consultant role only).
We offer on the job support and training and a career development programme within one of the country's leading media businesses.

Benefits: • Competitive salary • 5 weeks annual holiday • Childcare voucher scheme • Following a probationary period there is an option to join a contributory pension scheme and subsidised health cash plan.

For an application pack please contact
Kate Hilton, PA to the Publishing Director,
Cambridge News, Winship Road,
Milton, Cambridgeshire
CB24 6PP
Tel: 01223 434311
Email: kate.hilton@cambridge-news.co.uk

Cambridge Newspapers

It is the company policy to welcome applications from any individual regardless of ethnic origin, gender, disability, religious belief, sexual orientation or age. All applications will be considered on merit.

MEDIA SALES

Cambridge Newspapers

Cambridge Newspapers Ltd is the area's leading regional newspaper publisher and part of Iliffe News & Media East. Our titles include the award-winning Cambridge News and CB Magazine and a wide range of weekly newspapers, regional magazines and websites across Cambridgeshire.

Media Sales Consultants and Advisors

The successful applicants will be responsible for selling advertising into our portfolio of publications and online products. Working to deadlines, you will sell to existing clients, as well as generating new business.

Media Sales Consultant - Newmarket

Media Sales Consultant - St Neots

Media Sales Consultant - Saffron Walden
(Maternity cover)

Media Sales Advisors - Milton, Cambridge

Media Sales Advisor - Newmarket

These positions would best suit someone with previous sales experience, although applications from outgoing, confident individuals who are well organised, professional and keen to develop their sales skills would be welcome. Full and ongoing training will be provided, but you will need to be focused on delivering high standards of customer service and representing our business with people at all levels.

We pride ourselves on recruiting and developing the best people and offer a competitive salary, generous bonus structure and company car (Consultant role only).

We offer on the job support and training and a career development programme within one of the country's leading media businesses.

Benefits: • Competitive salary • 5 weeks annual holiday • Childcare voucher scheme • Following a probationary period there is an option to join a contributory pension scheme and subsidised health cash plan.

For an application pack please contact Kate Hilton, PA to the Publishing Director, Cambridge News, Winship Road, Milton, Cambridgeshire, CB24 6PP
Tel: 01223 434311
Email: kate.hilton@cambridge-news.co.uk

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Sport on Monday
Cambridge News

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Starting salary range
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On call allowance of £2,000 p.a.

Babraham Institute

The Babraham Institute is a charity which is world renowned for its research in life sciences to enhance lives and improve wellbeing.

A vacancy has arisen to head the electrical section of Babraham Campus Engineering Department (BCE). BCE is responsible for the building and engineering maintenance of most buildings on the Babraham Campus site.

The successful candidate should have a minimum of an HNC/HND in electrical engineering and have extensive experience of maintaining electrical services and equipment, preferably with experience of a research institute, local authority/government, or health service type of establishment. The Campus has its own HV ring main, therefore the successful candidate should have a thorough understanding of both HV and LV distribution systems, as well as an intimate knowledge of the current edition of the IEE Electrical regulations.

The Electrical Engineering Manager is responsible for the campus building management and fire alarm systems, therefore a thorough and in depth knowledge of Trend's 963 BMS is an essential pre-requisite as well as knowledge of the different types of fire alarm systems. For further information on the post contact Stephen Woolverton, Head of Engineering on 01223 496285.

Further information about the Institute can be found on our website. Application forms and further details are available electronically from our website (www.babraham.ac.uk), or by contacting our 24-hour Recruitment Line on 01223 496365, or e-mail: babraham.personnel@babraham.ac.uk. On applying please quote reference EEM/SW/C. Closing date for completed applications is Wednesday 15th August 2012.
NO AGENCIES PLEASE

The Babraham Institute is a user of the disability symbol and is positive about disabled people.

The Babraham Institute receives strategic funding from the Biotechnology and Biological Sciences Research Council and is an Equal Opportunities Employer.

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Admissions Secretary

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Senior IT Infrastructure Engineer (ref: 30654)
Salary Range: circa £37,000 to £45,000 pa

Key Responsibilities – This is a new role and the successful candidate will assume technical responsibility for the network and server infrastructure, which supports both corporate and office based staff and manufacturing activities. The successful candidate will participate in the design, implementation and qualification of IT projects; design, install and configure infrastructure equipment; monitor performance and ensure operational excellence of the IT infrastructure; act as the system owner for all infrastructure assets; maintain telecoms infrastructure (VoIP, PBX, etc.); successfully handle multiple projects; provide training and support for colleagues and ensure commissioning and qualification documentation is generated and maintained. The successful candidate will have experience in Cisco - CCNA, CCNP, Microsoft - MCSE 2003/MCITP 2008 Enterprise Administrator and 5 + years' experience in a similar role. Desirable requirements include experience in a regulated environment (Pharma, Biotech or Financial) and a degree or equivalent in Information Systems or Computer Science.

Temp Manufacturing Process Technician (ref: 30535)
Agency Contract through to 30 Sept 2014 – 4 roles
Salary Range £17,497.00 to £24,495.00 pa, plus Shift Allowance of £6,123.66 pa

Key Responsibilities – The successful candidate will operate, monitor and control part of a production line, producing Pharmaceutical products and following precise procedures in respect of GMP rules as well as guidelines concerning quality, safety and hygiene. Activities would include charging raw material, monitoring and reporting production progress in line with quality procedures, simple maintenance and equipment set up and cleaning. The role will also involve the maintenance of batch documentation which may require some development. Elements of these roles will become cumulative with experience within the role.

Manufacturing Shift Support Officer (ref: 26315)
Salary Range: £27,448 to £38,427 pa

Key Responsibilities - Working as part of a team, the successful candidate will provide process/technical support and develop/enhance existing processes and systems by the practical application of science and technology. They will assist in the introduction of new processes to site with a focus on compliance, speed and long term supply. Main duties include the identification, optimisation & implementation of opportunities for improvements in all manufacturing areas; leading the evaluation of manufacturing deviations and investigations using tools such as RCA/FMEA; Evaluation of the productivity and effectiveness on a day by day basis challenging current procedures and making recommendations for improvement; executing and monitoring performance metrics and reporting data and results as required. Essentially candidates should have experience of working in a similar manufacturing environment and should have achieved a relevant degree or higher level qualification.

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Great Chesterford, Essex, CB10 IPF
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Send applications to: bursars.sec@darwin.cam.ac.uk, or by mail to The Bursar's Secretary, Darwin College, Cambridge CB3 9EU, by 10 August 2012; interviews planned for week beginning 13 August.

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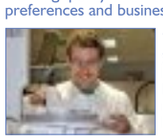

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13 PUBLIC NOTICES

Public Notices

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Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be effected, should make written representations to the Traffic Commissioner at Eastern Traffic Area, Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to making representations is available from the Traffic Commissioner's Office.

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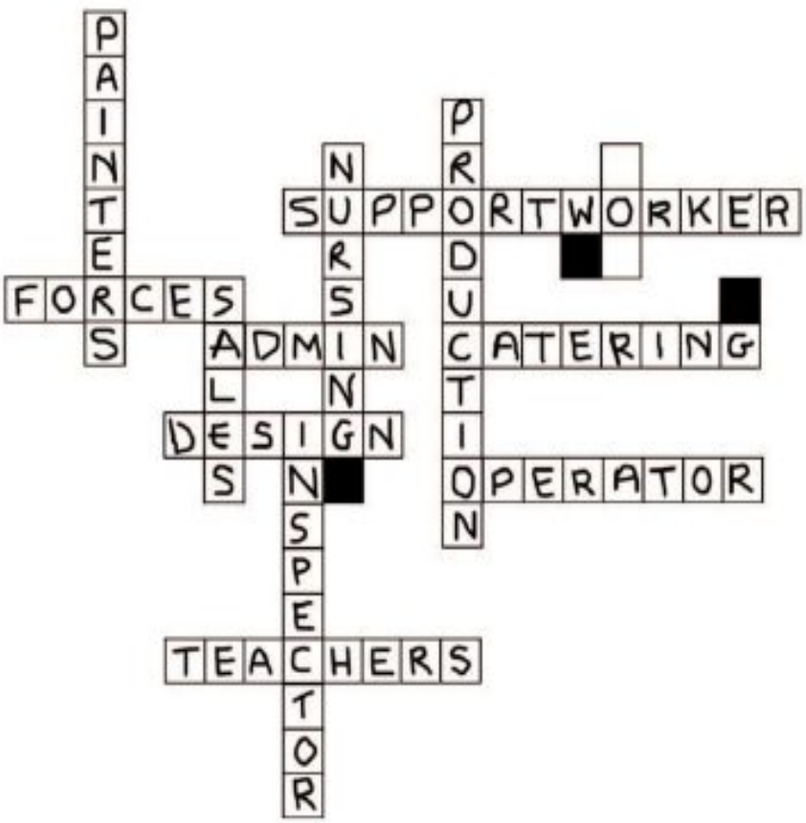

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Round-up

Speedway

Tigers blast back after Bates blow

Buxton 43 Mildenhall 43

ABANDONED AFTER 14 HEATS - RESULT STANDS

A LATE fightback from Mildenhall salvaged a draw and retained their unbeaten record after they lost Josh Bates to a shoulder injury at a rain-soaked Buxton on Sunday

A mixture of falls and misfiring bikes saw the Fen Tigers trail by 12 points after nine races as heavy rain made track conditions difficult.

But Mildenhall finally found their groove, providing five race winners in five heats, after only two in the previous nine, to record three maximums to rescue two precious league points.

"At the end the whole track was under water and the last race was never going to happen," said Tigers' co-promoter Michael Lee.

"It was a difficult meeting and we just seemed to have a lot of problems. Both Lewis (Blackbird) and Dan (Halsey) had bikes misfiring but once we got it sorted we came back.

"We've still got our unbeaten record but it was always going to be a tricky track to come to. It started off okay, then it was a quagmire, then it would dry out and then it got flooded at the end."

Bates, pictured, was involved in a crash with Chris Widman in his first race in heat two and aggravated an injury to his right shoulder that was originally damaged in a fall more than three months ago.

"We weren't overly disappointed at not winning but more with Josh's injury," said Lee. "He was ploughed into and fired up in the air. He said 'give me five minutes' but you could see the pain he was in.

"We are going to get him checked by (physio) Brian Simpson on Tuesday and finally get this problem sorted.

"He's not been working at 100 per cent and we want him fit and to come back and enjoy it, even if it means a lay-off."

Halsey recovered after an early fall to inspire two crucial 5-1's, the second coming in the final heat after Adam McKinna's bike gremlins allowed Ryan Terry-Daley through to snatch a draw. The meeting was abandoned with a race to go, but the result stands.

Buxton: Priest 10+1 (4 rides), Felton 8+1 (4), Branford 7+1 (4), Atkin 6+1 (4), Blacklock 5+2 (5), McKinna 5+1 (4), Widman 2 (3).

Mildenhall: Heeps 10+1 (4 rides), Nielsen 10+1 (4), Halsey 7+1 (4), Terry-Daley 6+2 (7), Jacobs 6+1 (4), Blackbird 4 (4), Bates 0 (1).

Tigers are at home to Stoke Potters in the National League on Sunday (3pm).

Racing

It's a Glorious double to give Cecil a tonic

DID'S DONE: Hayley Turner gives Margot Did a celebratory kiss after their win in last year's Nunthorpe. However, Michael Bell says Margot Did is almost certain to be retired

FRANKEL'S younger brother Noble Mission and the admirable mare Chachamaidee combined to give Sir Henry Cecil a Group-race double on the opening afternoon of Glorious Goodwood on Tuesday.

All that was missing was the master trainer himself, who has been susceptible to other illness because of his continuing treatment for cancer, but the Warren Place runners had been perfectly primed to cover themselves in glory.

Noble Mission continues to establish himself as a useful performer in his own right with a courageous victory over Encke in the bet365 Gordon Stakes, who he may face again in the Neptune Investment Management Great Voltigeur Stakes on August 22 before being allowed a shot at Camelot at Doncaster.

Chachamaidee had 'previous' with the meeting after winning a Group Three fillies' race last year and confirmed her liking for the Sussex Downs against her male counterparts in the bet365 Lennox Stakes.

■ Elusive Kate gave jockey William Buick and trainer John Gosden yet another Group One winner in a superb summer after making all the running in the Prix Rothschild at Deauville.

Narrowly beaten on her belated reappearance in the Falmouth Stakes at Newmarket, Elusive Kate already had positive experiences of the Normandy course as she landed two events there last year.

The Buick and Gosden combination have already combined for other Group One victories this year with Great Heavens (Irish Oaks), Izzi Top (Pretty Polly Stakes), Fallen For You (Coronation Stakes) and Nathaniel (Eclipse).

■ Snow Fairy will not make her reappearance in Saturday's Markel Insurance Nassau Stakes at Goodwood.

The five-year-old has been sidelined by injury so far this term and has not been seen winning in Japan last November.

Snow Fairy finished second to Midday in the Nassau last term and trainer Ed Dunlop had viewed the 10-furlong heat as a possible starting point.

However, he is now keen to give the daughter of Intikhab a little more time.

Dunlop said: "She'll probably go for the Prix Jean Romanet at Deauville on August 19."

■ Group One-winning sprinter Margot Did is almost certain to have run her last race following a disappointing run of form.

Michael Bell's filly won three times during an excellent 2011 campaign, culminating with glory in the Nunthorpe Stakes at York.

But she trailed home last of 15 on her final start of the year in the Prix de l'Abbaye at Longchamp and as five starts this year have offered little encouragement, she is set to be sold as a broodmare.

"It's 95 per cent certain she'll be retired," said Bell. "She did very well as a two-year-old and very well as a three-year-old and normally the three-year-old year is the difficult one for sprinters, but she ended up winning the Nunthorpe.

"When she ran in the Abbaye she came back sick and I just think maybe she hasn't recovered sufficiently."

■ Roger Varian is set to keep Sri Putra to just below the top level after his stable stalwart gained a valuable triumph in the Group Two Sky Bet York Stakes on Saturday.

A regular in Group Ones without success, the six-year-old won for just the seventh time in 28 starts and showed that he has not lost his appetite for racing by registering his first British Group Two win.

The Newmarket trainer put in Pekan Star as a pacemaker and equipped Sri Putra (12-1) with blinkers and a hood.

The plan worked as the entire defeated Afsare by a hard-fought neck.

"I'd like to plan an international campaign for him going into the autumn. Where that will take us we'll see," said Varian.

■ Van Morrison will be the latest star to tread the boards in the Adnams Newmarket Nights series on the July Course on Friday

Racing starts at 5.50pm, while Saturday's card is due to start at 1.45pm.

Athletics

Holley swings it in three-way Joggers' scrap

RYAN Holley came out top in a fierce inter-club battle in the 2½-mile Fun Run at the Newmarket Joggers-hosted Wandlebury Woods race near the Gog Magog hills.

Although Edgars Sokolovskis (male senior) took top spot in 17min 39sec, Holley – the son of Joggers' stalwart Paul Holley – just held off Jamie Sales, son of Joggers' member and Wandlebury race director Mike Sales, and Junior Jogger Peter Elsdon-Dean.

The three were close knit throughout the race, and at the line they were separated by just nine seconds.

Under-15 runner Holley, the first male junior home, clocked 18.28, with 11-year-old Sales third three seconds behind.

Elsdon-Dean was fourth in 18.37.

Faye Drawnel was the first female home in 21.02 (seventh overall) while first female junior was under-13 athlete Megan Harmer in 25.23.

The seniors' five-mile race was run over two laps of a scenic, off-road course – the juniors race was over one – with Graham Rush winning in 27.57, followed by Anthony Walsh (Cambridge University Hare & Hounds) 28.08, and Andrew Mynott (Walden Triathlon Club) third in 28.14.

Denys Olefir was first home for the host club in sixth, clocking 29.24, while Joggers' only female competitor Ursula White was 20th overall in 36.19. First woman home was Polly Keen (Cambridge Univ Hare & Hounds) in 31.35.

More than 120 athletes took part with proceeds going to East Anglia Children's Hospices (EACH). Handmade bespoke trophies for the winners of both races were designed and donated by Go Glass.

Football

Boost for Town colts

NEWMARKET Town under-17s are eagerly looking forward to the start of the new Cambridge and District Colts League season.

Their campaign, which features games against Soham Town and Wickhambrook Rangers (formerly West Wratting), has received a boost with the majority of the squad that achieved promotion and reached the Hillsborough Memorial Cup semi-final being retained. Manager Phil Green said: "I am excited about 2012-13. Training has started (at the George Lambton Fields on Wednesdays) and I have several pre-season friendlies in the pipeline, in addition to the Cherry Hinton tournament on August 25th.

"Anyone interested in joining the club should contact me on 0776 2734718 or visit the under-17's website and use the "contact" button".

Cricket: League round-up

Bester, Holmes in to make it so easy for Mildenhall

>> MARSHALL HATCHICK TWO COUNTIES CHAMPIONSHIP

FRANS Bester carried his bat as Mildenhall reduced the gap to Division One pace-setters Woolpit with a comfortable nine-wicket home triumph.

James Holmes set the platform with 5 for 23 and Ahmad Warraich took 3 for 25 as the visitors were dismissed for 99.

Openers Bester and Ben Shepperson steered Mildenhall most of the way towards victory with a partnership of 74 before the latter went for 42.

Bester went on to finish with an unbeaten 41 as they made 100 for 1.

Captain Shane Leech's half-century proved in vain as struggling Lakenheath slumped by 96 runs at home to Coggeshall in Division One.

The visitors made 274 for 4, but despite Leech striking 69 in an opening stand of 52 with Mark Harvey, Lakenheath were all out for 178.

Bottom club Exning's hopes of avoiding the drop were also dealt a blow by a six-wicket defeat at Frinton.

Tim Catley hit 36, but the visitors collapsed from 72 for 4 to 73 for 7 before going for 94. Frinton eased to 97 for 4 in reply.

In Division Two, Jimmy Watson and Chris Baugh both struck half-centuries as Worlington won by 66 runs at Ipswich & East Suffolk.

Watson blasted 60 and Baugh 50 as the visitors recorded 203 for 9.

Nathan Twiddy took 4 for 60 and Craig Estlea 2 for 3 to help get rid of Ipswich for 137. Worlington captain Richard Ford said: "We thought 200 was a decent score on that wicket and Jimmy's innings was very quick and looked quite easy.

"We just had to get their two main batsmen and we did that with Craig and Jimmy Grande, so it was a good win and we just need Hadleigh to slip up now."

Prince Saheed Akolade's efforts with the ball went unrewarded as Mildenhall II lost by 52 runs at Abberton. Akolade grabbed 6 for 36 as the hosts made 185 for 9, only for Mildenhall to be bowled out for 133.

Tuddenham lost by 46 runs at Kelvedon & Feering in Division Five, hitting 172 for 8 in response to the hosts' 218 for 6.

A BUNCH OF FIVE: James Holmes put the skids under pacesetters, Woolpit

START WALKING: Granta's Steve Marsh makes a successful appeal for the wicket of Fordham's Mark Abbott. **Picture: Richard Patterson. SPO847671**

>> TUCKER GARDNER CAMBS & HUNTS PREMIER LEAGUE

STEVE Marsh laid the foundations for struggling Cambridge Granta II's crucial five-wicket success at Fordham in Division Two.

Marsh clinched 6 for 37 to help bowl out the hosts for 129, Matt Foulds providing the main resistance with 41 before Mark Silcock, Nicholas Poole and Nick Foulds were all sent packing in quick succession.

Granta's reply got off to a terrible start with captain Julian Hale going for a duck as they slipped to 10 for 3.

But Joel Gilmour hit 69 in sharing a fourth-wicket stand of 57 with Richard Stafford as the visitors came through with 132 for 5, Chris Reay taking 3 for 66.

Cricket scoreboard

TUCKER GARDNER CAMBS & HUNTS PREMIER LEAGUE

Division Two: Fordham 129 (4) lost to Granta II 132 for 5 (20), Waresley 239 for 3 (12) drew with Babraham 171 for 6 (4), Weston Colville 186 for 8 (12) drew with Hardwick & Caldecote 187 for 9 (20), Yaxley 201 for 9 (14) lost to Warboys 202 for 8 (20), Abington 186 for 9 (10) lost to NCI 187 for 5 (20), Newborough 288 for 6 (16) drew with Ickwell 174 for 8 (8).

MARSHALL HATCHICK TWO COUNTIES CHAMPIONSHIP

Division One: Exning 94 (2pts) Frinton 97 for 4 (20), Haverhill 264 for 7 (18) Elmstead G. 179 for 7 (7), Coggeshall 274 for 4 (20) Lakenheath 178 (6), Woolpit 99 (0) Mildenhall 100 for 1 (20), Mistley 296 for 6 (20) Maldon 104 (4), Wivenhoe 195 for 8 (7) Ipswich 196 for 6 (19).

Division Two: Abberton 185 for 9 (20) Mildenhall II 133 (6), Braintree 190 for 9 (7) Brockley 191 for 6 (19), Hadleigh 188 for 8 (20) Dunmow 22 (4), Worlington 203 for 9 (20) Ipswich & ES 137 (6), Witham 170 (5) Easton 171 for 5 (20), Brightlingsea 212 for 8 (5) Woodbridge & O.W. 216 for 1 (19).

Division Five: Bury St Edmunds III 180 for 9 (6) Elmstead G II 184 for 4 (19), Kelvedon & F. II 218 for 6 (20) Tuddenham 179 (7), Harwich & D. 112 (3) Maldon II 115 for 5 (20), Abberton II 271 for 2 (6) Mildenhall III 272 for 3 (16), St Margarets 235 for 5 (20) Boxted 128 (4).

Division Six: Brightlingsea II 105 (20) Mildenhall IV 59 (5), Earls Colne 100 (1) Haverhill II 104 for 1 (20), Nacton 230 for 3 (20) Felixstowe C. 125 (3), Ipswich III 182 for 7 (7) Melton St. Audrys 184 for 6 (18), Braintree II 143 (5) Long Melford II 146 for 6 (20).

Division 8E: Easton II 143 for 7 (3) St Margarets II 144 for 2 (18), Ipswich IV 201 for 3 (6) Eye & District 202 for 2 (16), Woodbridge & O.W. II 264 for 6 (7) DBSL 266 for 4 (18), Sudbourne Hall 46 (0) Worlingworth 50 for 1 (20).

Division 8W: Lakenheath II 162 for 7 (20) Battisford 157 (6), Haverhill III 101 (4) Nowton 103 for 6 (20), Worlington II 223 for 8 (19) Elveden 169 for 8 (7).

Ladies' Challenge: Ipswich 140 for 1 v Mildenhall (aband).

MR CRICKET CCA SENIOR LEAGUE

Division Two: Balsham 139 (7) Cottenham 171 for 8 (20), Bluntisham 180 for 8 (20) Girton 171 (8), Chatteris 213 for 7 (20) Wilbrahams 123 (6), Wisbech Town II 217 for 7 (20) City of Ely 181 for 9 (7), Yelling 144 (6) Burwell II 145 for 7 (20).

Division Three: Cambridge NCI II 182 for 5 (20) Buntingford 179 for 9 (6), Dullingham 168 (8) Eversden 245 for 9 (20), Madingley 223 for 7 (9) Sawston II 224 for 8 (20), Old Leysians 262 for 4 (20) Fordham II 131 (5).

MR CRICKET CCA JUNIOR LEAGUE

Division 1A: Bottisham/Lode 166 for 9 (20) St Ives Town II 165 (8), Cherry Hinton 86 (5) Godolphin 271 for 7 (20), Leverington 46 (5) Over 137 for 9 (20), Newmarket Town 287 for 6 (20) Histon II 42 (4), Witcham 119 for 7 (20) Little Downham 118 (5).

Division 2C: Abington II 186 for 7 (20) Burrough Green 185 for 6 (7), Ashwell 76 (1) Harlton 79 for 1 (20), Chippenham 245 for 4 (20) Helions Bumpstead 168 (6), Saffron Walden III 222 for 6 (20) Royston 220 for 6 (8).

Division 4B: Girton II 220 for 8 (20) Isleham II 219 for 5 (9), Hardwick & Caldecote II 254 for 9 (20) Cambourne III 97 (6), Longstowe II 83 (5) Soham 207 for 7 (20), Milton III 33 for 0 (20) Fordham III 30 (0).

Division 5C: Buntingford II 153 (7) Bottisham-Lode II 160 for 9 (20), Burrough Green II 101 (5) Saffron Walden V 132 for 6 (20), Cambridge NCI V 82 for 0 (20) Weston Colville II 81 (2), Newport II 135 for 6 (3) Newmarket Town II 136 for 1 (20).

Minor League: Cambourne IV (0) v Wilburton II (20) - Cambourne defaulted, Great Shelford II 133 (7) Linton Village III 141 for 9 (20), Hardwick & Caldecote III (20) v Histon III (0) - Histon defaulted, Wimblington II 87 for 8 (20) Burwell IV 86 (6), St Ives IV 149 for 5 (20) Cambridge Granta IV 148 for 5 (5), Royston II 69 (5) Cokenach II 178 for 9 (20).

Cop that! Burwell are foiled

>> GIBBS DENLEY EAST AGLIAN PREMIER LEAGUE

PAUL Summerskill's pre-match wish came true, but Burwell had to settle for a draw at home to Copdock.

The captain had spoken of Mingay Park's good-looking batting track and his desire to bat first and put 250 on the board, which is what they did.

However, the visiting side were able to dig in and got to the close of play with three wickets remaining to deny Burwell the win.

But Summerskill's side did manage to make some amends for an early-season thrashing against the new boys, while they moved further clear of bottom side Halstead, who were beaten by eight wickets at Horsford.

Peter Richer and Will Lawton both made 33 in an opening partnership of 54, but Australian all-rounder Kieran Toner was out for a two-ball duck.

Skipper Summerskill got 54 as he and Lawton, whose tally came from 125 balls, shared a 72-run third-wicket stand, while Henry James and Daniel Jones both made 47-run contributions to get Burwell up to 261 for 7 from their 66 overs.

Chris Swallow was the pick of the bowlers with 3 for 53, while Tom Jenkin claimed an expensive 3 for 61 from eight overs.

Toner and his new-ball partner Marlon Richards made early inroads, getting Reuben Sharpe and Martyn Cull out as Copdock fell to 27 for 2.

Toner went on to take 4 for 33 and there was also a wicket apiece for former captain Mark Bissett and Josh Vowden, but Swallow's unbeaten 61 and Hugh Thomas' late 23 got Copdock to 227 for 7 at the close.

OCEAN CRUISING

Newmarket News

Newmarket Holidays

Autumn 'Mini Cruise'

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Sport

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Holmes lays foundation

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Mildenhall bowler snaps up five wickets to give side big win over league leaders

› Football: Start of the Thurlow Nunn League

We'll bounce back with Karl: boss

KEVIN Grainger is looking forward to the new season and, with Karl Johnson returning as joint-manager, he is hopeful the team can bounce back from last season's disappointment by winning promotion back to the Thurlow Nunn League, Premier Division.

Town start their First Division season at home to Whitton United on Saturday and go to March on Tuesday, but it is far from an ideal fixture as the Jockeys will be without key players Steve Bugg, Ricky Cornish, Luke Butcher, Paul Betson and Matthew Bonner.

Grainger blamed the early start to the season for the absences but hopes his strengthened squad will be back to full strength soon.

"Starting the season so early has caught people out," he said.

"Some are away on holiday and some have tickets for the Olympics. It's going to be a tough start."

Injuries took a heavy toll on Newmarket last season and they were relegated after a difficult campaign where they finished second from bottom with just three wins.

But the squad has been reinforced by a number of former Lakenheath players who have joined to reunite with former manager Johnson.

Butcher, Cornish and Betson are among the newcomers with Aaron Turner, Shaun Avis and Tony Brown. The majority of last season's squad has also been retained, though Darren Coe and Jon Olive have left.

Grainger remains positive, though, and believes he and Johnson can be successful in the 2012-13 campaign.

"It's brilliant to have Karl back," he added.

"He's probably the best appointment the club will make this year. He's great to have in the changing room and that attitude will rub off on the players."

Grainger expects Cambridge University Press, Saffron Walden Town, Whitton United and Halstead to be among their main rivals for a promotion push, while newcomers Braintree Town Reserves could also prove tough opposition.

BACK AGAIN: Former Jockeys boss Karl Johnson is back at the club and has brought some new players with him

Appleford's consistency aim

CHRISTIAN Appleford is calling for more consistency from his Mildenhall Town players as they look to improve on last season's seventh place in the Thurlow Nunn League, Premier Division.

'Hall kick off their league programme at home to Gorleston on Saturday and, with a batch of new signings and most of last season's squad retained, boss Appleford is hopeful of another good showing.

"We've got a good squad of young players," he said. "On our day there aren't many teams that will beat us, but we must make sure we're consistent."

Among the new recruits is left-back Darryl Coakley, formerly with Cambridge United and Bury Town although he spent most of last year on loan at Biggleswade Town.

Others include winger Jimmy Attwood and midfielder Paul Jones, two new arrivals who Appleford hopes will add greater depth to his squad.

"I knew after last season we weren't far away from having a really strong squad," said Appleford, who has seen Josh Turner, Rogan McGeorge and Craig Skipp depart.

"It needed a bit of tweaking but the players, on their day, were a good enough match for anyone in the league.

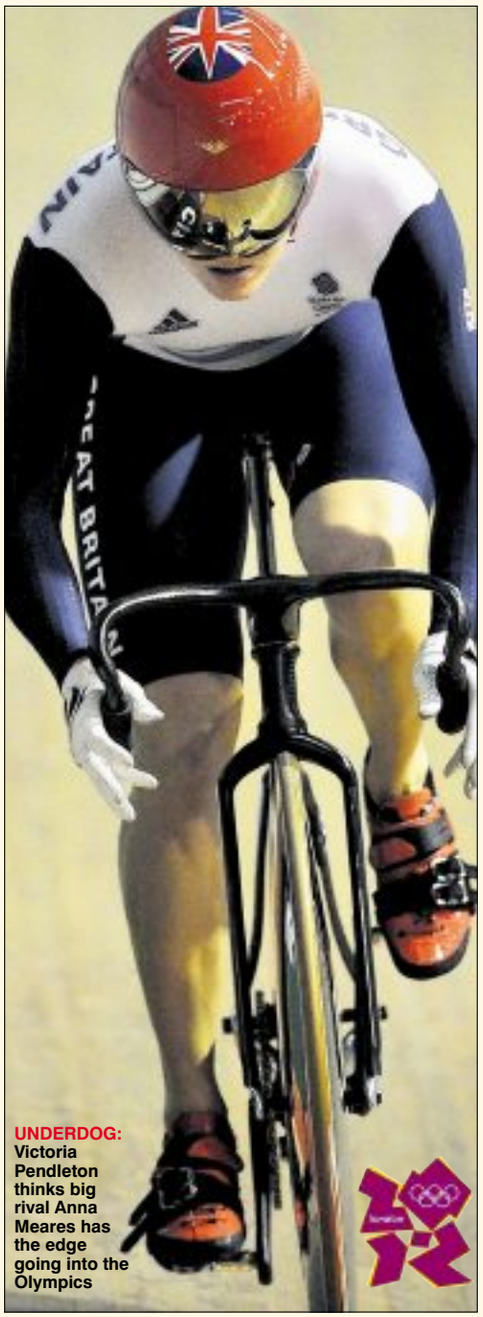
"That's why it was important to retain most of the squad but improve in a couple of areas.

"We want to do better than last year but we're also realistic. A lot of teams in the division have spent money and invested, so it's going to be difficult."

Mildenhall then head to Thetford on Tuesday.

› Cycling

'Meares has the edge now'



UNDERDOG: Victoria Pendleton thinks big rival Anna Meares has the edge going into the Olympics

WORLD champion Victoria Pendleton believes perennial adversary Anna Meares is in a commanding position as the start of action in the velodrome looms.

Pendleton beat Meares to gold in Beijing four years ago and defeated the Australian en route to a sixth world sprint title in Melbourne in April, reclaiming the rainbow jersey after from her rival.

The 31-year-old life member of the Mildenhall club who intends to retire after the Games, said: "She probably has the advantage going in, because her performances on the whole over the last 12 months have been more solid than mine.

"I had that one occasion at the worlds and some of it was down to the discretion of the commissaires, so it wasn't purely based necessarily on performance.

"The rivalry thing between Anna Meares and myself has been blown out of proportion and sensationalised to make it sound worse than it really is.

"We're just two individuals who happen to have reached the top of our performance in our sporting lives at the same time, so we meet each other often.

"I have a huge respect for Anna Meares and I know that she has for me."

The London 2012 track programme begins tomorrow Thursday, with the individual sprint starting on Sunday (11am).

Pendleton, who is also set to compete in the keirin (Friday, 4pm) and team sprint with Jess Varnish (Thursday, 4pm), knows the sprint will be more than just a duel with Meares.

She said: "I can't discount anyone – with an event like the sprint, it's down to split-second decisions."

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